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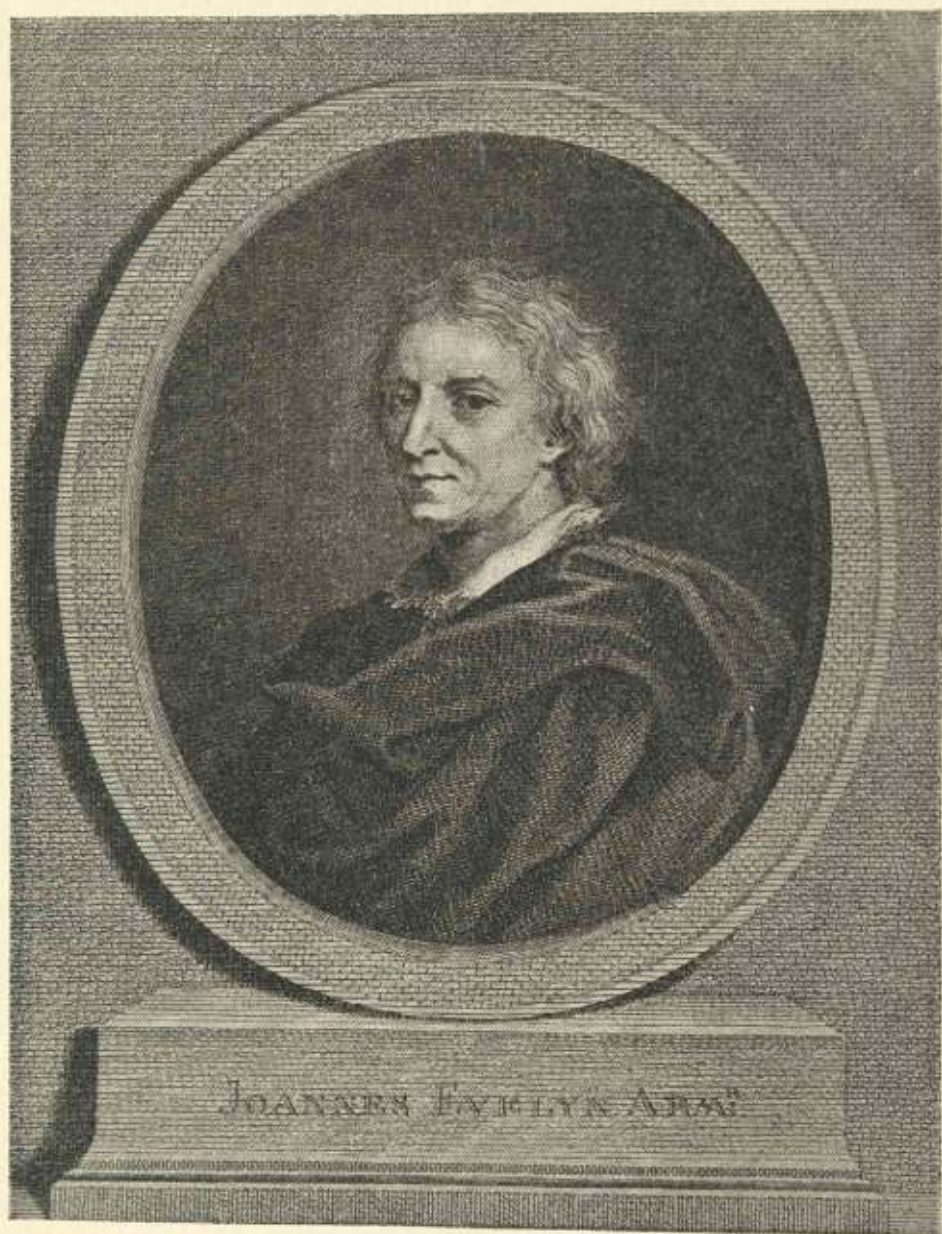
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Books on Food & Drink

ACETARIA:
A Discourse of Sallets



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ACETARIA

A DISCOURSE OF

SALLETS

By *JOHN EVELYN, Esq.*

Author of the *Kalendarium*

BROOKLYN,

Published by the *Women's Auxiliary,*

BROOKLYN BOTANIC GARDEN

1937



Printed in the United States of America



Publisher's Note

THIS edition of *Acetaria* is a faithful reprint of the First Edition of 1699, with the correction of a few obvious typographical errors, and those noted in the Errata of the original edition. Whereas no attempt has been made to reproduce the typography of the original, the spirit has been retained, and the vagaries of spelling and punctuation have been carefully followed; also the old-style S [f] has been retained. Much of the flavour of *Acetaria* is lost if it is scanned too hurriedly; and one should remember also that Latin and Greek were the gauge of a man of letters, and if the titles and quotations seem a bit ponderous, they are as amusing a conceit as the French and German complacencies of a more recent generation.

Foreword to Acetaria

JOHN EVELYN, famous for his "Diary," was a friend and contemporary of Samuel Pepys. Both were conscientious public servants who had held minor offices in the government. But, while Pepys' diary is sparkling and redolent of the free manners of the Restoration, Evelyn's is the record of a sober, scholarly man. His mind turned to gardens, to sculpture and architecture, rather than to the gaieties of contemporary social life. Pepys was an urban figure and Evelyn was "county." He represents the combination of public servant and country gentleman which has been the supreme achievement of English culture.

Horace Walpole said of him in his Catalogue of Engravers, "I must observe that his life, which was extended to eighty-six years, was a course of inquiry, study, curiosity, instruction and benevolence."

Courtiers, artists, and scientists were his friends. Grinling Gibbons was brought to the King's notice by Evelyn, and Henry Howard, Duke of Norfolk, was persuaded by him to present the Arundel Marbles to the University of Oxford. In London he engaged in divers charitable and civic affairs and was commissioner for improving the streets and buildings

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in London. He had charge of the sick and wounded of the Dutch War and also, with the fineness of character typical of his kind, he remained at his post through the Great Plague. Evelyn was also active in organizing the Royal Society and became its first secretary.

In the country he spent his time studying, writing and in developing his own and his brother's estates. He translated several French books, one of them by Nicolas de Bonnefons was entitled "The French Gardener; instructions how to cultivate all sorts of fruit-trees." Evelyn undoubtedly knew another book of de Bonnefons called "*Les Delices de la Campagne.*" Delights of the country, according to de Bonnefons, consisted largely in delights of the palate, and perhaps it was this book which suggested to Evelyn to write a cookery-garden book such as *Acetaria*. He also translated Jean de la Quintinie's "The Compleat Gardener." His "Sylva, or a discourse of Forest Trees" was written as a protest against the destruction of trees in England being carried on by the glass factories and iron furnaces, and the book succeeded in inducing landowners to plant millions of trees.

The list of Evelyn's writings shows a remarkable diversity in subject matter. There was a book on numismatics and translations from

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the Greek, political and historical pamphlets, and a book called "Fumifugium or the inconvenience of the Aer and Smoke of London dissipated," in which he suggests that sweet-smelling trees should be planted to purify the air of London. He also wrote a book called "Sculpture, or the History of Chalcography and Engraving in Copper."

Living in the country and cultivating his fruits and vegetables, Evelyn grew to be an ardent believer in vegetarianism and is probably the first advocate in England of a meatless diet. He was so keen on preparing foods without meat that, like another contemporary, Sir Kenelm Digby, he collected recipes. These, interspersed with delightful philosophic comments and some directions about gardening, were assembled in the little book *Acetaria*. This was published in 1699 along with the ninth edition of the "Kalendarium Hortense," a gardener's almanac.

The material for *Acetaria* was gathered as early as 1679 with the idea of making it one chapter of an encyclopedic work on horticulture. The *Plan of a Royal Garden*, was Evelyn's outline for that ambitious work.

The recipes are unusual and delicious and some of them are practical for today, especially for the owner of a garden where pot herbs are

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cultivated. Evelyn uses the pot herbs for flavoring soups, egg dishes, "salletts" and puddings. The eggs with sweet herbs prepared in rami-kins and the pudding flavored with the petals of calendulas are particularly good.

The book reveals his zest for living and the culture of his mind. It also shows the thought and life of a country gentleman during the reign of Charles the Second. Evidently, in Evelyn's home, the spirit of scientific investigation prevailed and there was a delight in new ideas. Evelyn supervised the garden and knew how to instruct the cook to prepare new dishes.

Although *Acetaria* is a book of directions for gardening and cooking, it is not the least didactic but is written in a discursive style and with a leisureliness and in a rhythm suited to the slow pace of a horse trotting through the winding lanes of the English countryside. As we read, we can almost see the butler bringing a fragrant pudding to the family assembled around the dining table in the wood-panelled room. Or again we can almost smell the thyme, mint, and savory growing in tidy rows in the well-tilled and neatly ordered garden of John Evelyn.

Helen M. Fox

ACETARIA.
A
DISCOURSE
OF
SALLETS.

By J. E. S. R. S. Author of
the *Kalendarium*.

Οὐ πάντες ἄνδρες ἔσιν ἀγῆτοι καλῶς.
Crat. in Glauco.

LONDON,
Printed for B. Tooke at the Middle-
Temple Gate in Fleetstreet, 1699.

Facsimile of Title Page of First Edition

To the Right Honourable

J O H N

Lord Somers

of Evesham

Lord *High-Chancellor* of England,
and *President* of the *Royal-Society*.

My Lord,

THE *Idea* and *Plan* of the *Royal-Society*, having been first conceiv'd and delineated by a *Great* and *Learned Chancellor*, which High Office your Lordship deservedly bears; not as an Acquisition of Fortune, but your Intellectual Endowments;
Conspicuous

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Conspicuous (among other Excellencies) by the Inclination Your Lordship discovers to promote *Natural Knowledge*: As it justifies the Discernment of that *Assembly*, to pitch upon Your Lordship for their *President*, so does it no less discover the Candor, yea, I presume to say, the Sublimity of your Mind, in so generously honoring them with your *Acceptance* of the *Choice* they have made.

A* *Chancellor*, and a very Learned Lord, was the *First* who honoured the *Chair*; and a no less Honorable and Learned *Chancellor*, resigns it to Your Lordship: So as after all the Difficulties and Hardships the *Society*

*Lord Viscount Brouncker, Chancellor to the Late Qu. Consort, now Dowager. The Right Honourable Cha. Montague, Esq; Chancellor of the Exchequer.

has

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has hitherto gone through; it has thro' the Favour and Protection of its *Presidents*, not only preserv'd its Reputation from the Malevolence of Enemies and Detracters, but gone on *Culminating*, and now *Triumphantly* in Your Lordship: Under whose propitious Influence, I am perswaded, it may promise it self *That*, which indeed has hitherto been wanting, to justify the Glorious *Title* it bears of a ROYAL SOCIETY. The *Emanicipating* it from some Remaining and Discouraging Circumstances, which it as yet labours under; among which, that of a *Precarious* and unsteady Abode, is not the least.

This *Honor* was reserv'd for Your Lordship; and an *Honor*, permit me
to

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to call it, not at all unworthy the Owning of the Greatest Person living: Namely, the Establishing and Promoting *Real Knowledge*; and (next to what is *Divine*) truly so called; as far, at least, as Humane Nature extends towards the Knowledge of Nature, by enlarging her Empire beyond the Land of *Spectres, Forms, Intentional Species, Vacuum, Occult Qualities*, and other *Inadequate Notions*; which, by their Obstreperous and Noisy Disputes, affrighting, and (till of late) deterring Men from adventuring on further Discoveries, confin'd them in a lazy Acquiescence, and to be fed with *Fantasms* and fruitless Speculations, which signify nothing to the *specifick* Nature of Things,

solid

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solid and useful knowledge; by the *Investigation of Causes, Principles, Energies, Powers, and Effects of Bodies, and Things Visible*; and to improve them for the Good and Benefit of Mankind.

My Lord, That which the *Royal Society* needs to accomplish an entire Freedom, and (by rendering their Circumstances more easie) capable to subsist with Honor, and to reach indeed the Glorious Ends of its *Institution*, is an Establishment in a more Settled, *Appropriate*, and *Commodious Place*; having hitherto (like the *Tabernacle* in the *Wilderness*) been only *Ambulatory* for almost *Forty Years*: But *Solomon* built the First *Temple*; and what forbids us to hope,
that

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that as Great a *Prince* may build *Solomon's House*, as that Great *Chancellor* (one of Your Lordship's Learned *Predecessors*) had design'd the *Plan*; there being nothing in that *August* and *Noble Model* impossible, or beyond the *Power* of *Nature* and Learned *Industry*.

Thus, whilst King *Solomon's Temple* was *Consecrated* to the *God* of *Nature*, and his true *Worship*; *This* may be *Dedicated*, and set apart for the *Works* of *Nature*; deliver'd from those *Illusions* and *Impostors*, that are still endeavouring to cloud and depress the *True*, and *Substantial Philosophy*: A *shallow* and *Superficial Insight*, wherein (as that *Incomparable Person* rightly observes) having
made

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made so many *Atheists*: whilst a *profound*, and thorow *Penetration* into her *Recesses* (which is the *Business* of the *Royal Society*) would lead Men to the *Knowledge*, and *Admiration* of the *Glorious Author*.

And now, *My Lord*, I expect some will wonder what my Meaning is, to usher in a *Trifle*, with so much Magnificence, and end at last in a fine *Receipt* for the *Dressing* of a *Sallet* with an Handful of *Pot-Herbs*! But yet, *My Lord*, this *Subject*, as low and despicable as it appears, challenges a Part of *Natural History*; and the Greatest Princes have thought it no Disgrace, not only to make it their *Diversion*, but their *Care*, and to promote and encourage it in the midst
of

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of their weightiest Affairs: He who wrote of the *Cedar of Libanus*, wrote also of the *Hysop which grows upon the Wall*.

To verifie this, how much might I say of *Gardens* and *Rural Employments*, preferable to the Pomp and Grandeur of other Secular Buſineſs, and that in the Eſtimate of as Great Men as any Age has produc'd! And it is of ſuch *Great Souls* we have it recorded; That after they had perform'd the Nobleſt Exploits for the Publick, they ſometimes chang'd their *Scepters* for the *Spade*, and their *Purple* for the Gardiner's *Apron*. And of theſe, ſome, My *Lord*, were *Emperors*, *Kings*, *Conſuls*, *Dictators*, and Wiſe *Stateſmen*; who amidſt the moſt important

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portant Affairs, both in Peace and War, have quitted all their Pomp and Dignity in Exchange of this Learned Pleasure: Nor that of the most *refin'd* Part of *Agriculture* (the *Philosophy* of the *Garden* and *Parterre* only) but of *Herbs*, and wholesom *Sallets*, and other plain and useful Parts of *Geoponicks*, and Wrote *Books* of *Tillage* and *Husbandry*; and took the *Plough-Tackle* for their *Banner*, and their *Names* from the *Grain* and *Pulse* they sow'd, as the Marks and Characters of the highest Honor.

But I proceed no farther on a *Topic* so well known to Your Lordship: Nor urge I Examples of such Illustrious Persons laying aside their Grandeur, and even of deserting their Stations;
(which

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(which would infinitely prejudice the Publick, when worthy Men are in Place, and at the Helm) But to shew how consistent the Diversions of the *Garden* and *Villa* were, with the highest and busiest Employment of the *Commonwealth*, and never thought a Reproach, or the least Diminution to the Gravity and Veneration due to their Persons, and the Noble Rank they held.

Will Your Lordship give me Leave to repeat what is said of the Younger *Pliny*, (Nephew to the *Naturalist*) and whom I think we may parallel with the Greatest of his time (and perhaps of any since) under the Worthiest *Emperor* the *Roman* world ever had? A Person of vast Abilities, Rich,
and

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and High in his Master's Favour; that so Husbanded his time, as in the Midst of the weightiest Affairs, to have Answer'd, and by his *Example*, made good what I have said on this Occasion. The Ancient and best Magistrates of *Rome* allow'd but the *Ninth* Day for the *City* and *Publick Business*; the rest for the *Country* and the *Sallet Garden*: There were then fewer *Causes* indeed at the *Bar*; but never greater *Justice*, nor better *Judges* and *Advocates*. And 'tis hence observed, that we hardly find a Great and Wise Man among the Ancients, *qui nullos habuit hortos*,

**Si quid temporis à civilibus negotiis quibus totum jam intenderat animum, suffurari potuit, colendis agris, priscos illos Romanos Numam Pompilium, Cincinnatum, Catonem, Fabios, Cicerones, aliosque virtute claros viros imitare; qui in magno honore constituti, vites putare, stercore agros, & irrigare nequaquam turpe & inhonestum putarunt. In Vit. Plin. 2.*

excepting

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excepting only *Pomponius Atticus*; wilt his Dear *Cicero* professes, that he never laid out his Money more readily, than in the purchasing of *Gardens*, and those sweet Retirements, for which he so often left the *Rostra* (and Court of the Greatest and most flourishing State of the World) to visit, prune, and water them with his own Hands.

But, *My Lord*, I forget with whom I am talking thus; and a *Gardiner* ought not to be so bold. The present I humbly make your Lordship, is indeed but a *Sallet of Crude Herbs*: But there is among them that which was a *Prize* at the *Isthmian Games*; and Your Lordship knows who it was both accepted, and rewarded as despicable
an

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an Oblation of this kind. The Favor I humbly beg, is Your Lordship's Pardon for this Presumption. The Subject is *mean*, and requires it, and my *Reputation* in danger; should Your Lordship hence suspect that one could never write so much of *dress'ing Sallets*, who minded anything serious, besides the gratifying a Sensual Appetite with a Voluptuary *Apician* Art.

Truly, *My Lord*, I am so far from designing to promote those *Supplicia Luxuriæ*, (as *Seneca* calls them) by what I have here written; that were it in my Power, I would recall the World, if not altogether to their Pristine *Diet*, yet to a much more *wholesome* and *temperate* than is now in Fashion: And what if they find me
like

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like to some who are eager after *Hunting* and other Field-Sports, which are *Laborious* Exercises? and *Fishing*, which is indeed a *Lazy* one? who, after all their Pains and Fatigue, never eat what they take and catch in either: For some such I have known: And tho' I cannot affirm so of my self, (when a well drest and excellent *Sallet* is before me) I am yet a very moderate Eater of them. So as to this *Book-Luxury*, I can affirm, and that truly what the *Poet* says of himself (on a less innocent Occasion) *Lasciva pagina, vita proba*. God forbid, that after all I have advanc'd in Praise of *Sallets*, I should be thought to plead for the Vice I censure, and chuse that of *Epicurus* for my *Lemma*; *In hac arte consenui*;

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consenui; or to have spent my time in nothing else. The *Plan* annex to these Papers, and the *Apparatus* made to superstruct upon it, would acquit me of having bent all my Contemplations on *Sallets* only. What I humbly offer Your Lordship, is (as I said) Part of *Natural History*, the Product of *Horticulture*, and the *Field*, dignified by the most illustrious, and sometimes tilled *Laureato Vomere*; which, as it concerns a Part of *Philosophy*, I may (without Vanity) be allow'd to have taken some Pains in Cultivating, as an inferior Member of the *Royal Society*.

But, *My Lord*, wilt You read on (if at least You vouchsafe me that Honor to read at all) I am conscious

I

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I rob the Publick of its most Precious Moments.

I therefore Humbly again Implore Your Lordship's Pardon: Nor indeed needed I to have said half this, to kindle in Your Breast, that which is already shining there (Your Lordship's Esteem of the *Royal Society*) after what You were pleas'd to Express in such an Obliging manner, when it was lately to wait upon Your Lordship; among whom I had the Honor to be a Witness of Your Generous, and Favourable Acceptance of their Addresses, who am,

My Lord,

*Your Lordship's Most Humble
and Most Obedient Servant,
JOHN EVELYN.*

THE PREFACE

THE *Favourable Entertainment which the Kalendar has found, encouraging the Bookfeller to adventure upon a Ninth Impression, I could not refuse his Request of my Revifing, and Giving it the best Improvement I was capable, to an Inexhaustible Subject, as it regards a Part of Horticulture; and offer some little Aid to such as love a Diversion fo Innocent and Laudable. There are those of late, who have arrogated, and given the Glorious Title of Compleat and Accomplish'd Gardiners, to what they have Publish'd; as if there were nothing wanting, nothing more remaining, or farther to be expected from the Field; and that Nature had been quite emptied of all her fertile Store: Whilst those who thus magnifie their Discoveries, have after all, penetrated but a very little Way into this Vast, Ample, and as yet, Unknown Territory; Who see not, that it would still require the Revolution of many Ages; deep, and long Experience, for any Man to Emerge that Perfect, and Accomplish'd Artist Gardiner they boast themselves to be: Nor do I think, Men will ever reach the End, and far extended Limits of the Vegetable Kingdom,*

The Preface

Kingdom, *so incomprehensible is the Variety it every Day produces, of the most Useful, and Admirable of all the Aspectable Works of God; since almost all we see, and touch, and taste, and smell, eat and drink, are clad with, and defended (from the Greatest Prince to the Meanest Peasant) is furnished from that Great and Universal Plantation, Epitomiz'd in our Gardens, highly worth the Contemplation of the most Profound Divine, and Deepest Philosopher.*

*I should be asham'd to acknowledge how little I have advanc'd, could I find that ever any Mortal Man from Adam, Noah, Solomon, Aristotle, Theophrastus, Dioscorides, and the rest of Nature's Interpreters, had ever arriv'd to the perfect Knowledge of any one Plant, or Vulgar Weed whatsoever: But this perhaps may yet possibly be reserv'd for another State of Things, and a *longer Day; that is, When Time shall be no more, but Knowledge shall be encreas'd.*

We have heard of one who studied and contemplated the Nature of Bees only, for Sixty Years: After which, you will not wonder, that a Person of my Acquaintance, should have spent

* Ut hujusmodi historiam vix dum inchoatum, non ante absolvendam putem.

Exitio terras quam dabit una dies. D. Raius Praefat. Hist. Plan.

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almost Forty, in Gathering and Amassing Materials for an Hortulan Design, to so enormous an Heap, as to fill some Thousand Pages; and yet be comprehended within two, or three Acres of Ground; nay, within the Square of less than One (skilfully Planted and Cultivated) sufficient to furnish, and entertain his Time and Thoughts all his Life long, with a most Innocent, Agreeable, and Useful Employment. But you may justly wonder, and Condemn the Vanity of it too, with that Reproach, This Man began to build, but was not able to finish! This has been the Fate of that Undertaking; and I dare promise, will be of whosoever imagines (without the Circumstances of extraordinary Assistance, and no ordinary Expence) to pursue the Plan, erect, and finish the Fabrick as it ought to be.

But this is that which Abortives the Perfection of the most Glorious and Useful Undertakings; the Unsatiabable Coveting to Exhaust all that should, or can be said upon every Head: If such a one have any thing else to mind, or do in the World, let me tell him, he thinks of Building too late; and rarely find we any, who care to superstruct upon the Foundation of another, and whose Ideas are alike. There ought therefore to be as many Hands, and Subsidiaries to such a Design (and those Masters too) as there are
distinct

The Preface

distinct Parts of the Whole (according to the subsequent Table) that those who have the Means and Courage, may (tho' they do not undertake the Whole) finish a Part at least, and in time Unite their Labours into one Intire, Compleat, and Consummate Work indeed.

Of One or Two of these, I attempted only a Specimen in my SILVA and the KALENDAR; Imperfect, I say, because they are both capable of Great Improvements: It is not therefore to be expected (Let me use the Words of an Old, and Experienc'd Gardiner) Cuncta me dicturum, quae vastitas ejus scientiæ containeret, sed plurima; nam illud in unius hominis prudentiam cadere non poterit, neque est ulla Disciplina aut Ars, quæ singulari consummata sit ingenio.

May it then suffice aliquam partem tradidisse, and that I have done my Endeavour.

*. . . Jurtilis olim
Ne Videar vixisse.*

*Much more might I add upon this Charming, and Fruitful Subject (I mean, concerning Gardening:) But this is not a Place to Expatiate, deterr'd, as I have long since been, from so bold an Enterprize, as the Fabrick I mentioned. I content my self then with an Humble Cottage, and a Simple Potagere, Appendant to the
Calendar;*

The Preface

Calendar; *which, Treating only (and that briefly) of the Culture of Moderate Gardens; Nothing seems to me, shou'd be more Welcome and Agreeable, than whilst the Product of them is come into more Request and Use amongst us, than heretofore (beside what we call, and distinguish by the Name of Fruit) I did annex some particular Directions concerning* SALLETS.

The Plan

THE
PLAN
OF A
ROYAL GARDEN:

Describing, and Shewing the *Amplitude*, and *Extent* of that Part of *Georgicks*, which belongs to *Horticulture*.

In Three Books

BOOK I.

Chap. I. OF *Principles* and *Elements* in general.

Chap. II. Of the Four (vulgarly reputed) Elements; *Fire*, *Air*, *Water*, *Earth*.

Chap. III. Of the *Celestial Influences*, and particularly of the *Sun*, *Moon*, and of the *Climates*.

Chap.

The Plan of a

Chap. IV. Of the Four Annual Seasons.

Chap. V. Of the Natural Mould and Soil of a Garden.

Chap. VI. Of Composts, and Stercoration, Repastination, Dressing and Stirring the Earth and Mould of a Garden.

BOOK II.

Chap. I. A Garden Deriv'd and Defin'd; its Dignity, Distinction, and Sorts.

Chap. II. Of a Gardiner, how to be qualify'd, regarded and rewarded; his Habitation, Cloathing, Diet, Under-Workmen and Assistants.

Chap. III. Of the Instruments belonging to a Gardiner; their various Uses, and Machanical Powers.

Chap. IV. Of the Terms us'd, and affected by Gardiners.

Chap. V. Of Enclosing, Fencing, Plotting, and disposing of the Ground; and of Terraces, Walks, Allies, Malls, Bowling-Greens, &c.

Chap. VI. Of a Seminary, Nurseries; and of Propagating Trees, Plants and Flowers, Planting and Transplanting, &c.

Chap. VII. Of Knots, Parterres, Compartiments, Borders, Banks and Embossments.

Chap.

Royal Garden

Chap. VIII. Of Groves, Labyrinths, Dedals, Cabinets, Cradles, Close-Walks, Galleries, Pavilions, Portico's, Lanterns, and other Relievo's; of Topiary and Hortulan Architecture.

Chap. IX. Of Fountains, Jetto's, Cascades, Rivulets, Piscina's, Canals, Baths, and other Natural, and Artificial Water-works.

Chap. X. Of Rocks, Grotts, Cryptæ, Mounts, Precipices, Ventiducts, Conservatories, of Ice and Snow, and other Hortulan Refreshments.

Chap. XI. Of Statues, Busts, Obelisks, Columns, Inscriptions, Dials, Vasa's, Perspectives, Paintings, and other Ornaments.

Chap. XII. Of Gazon-Theatres, Amphitheatres, Artificial Echo's, Automata and Hydraulic Musck.

Chap. XIII. Of Aviaries, Apiaries, Vivaries, Insects, &c.

Chap. XIV. Of Verdures, Perennial Greens, and Perpetual Springs.

Chap. XV. Of Orangeries, Oporotheca's, Hybernacula, Stoves, and Conservatories of Tender Plants and Fruits, and how to order them.

Chap. XVI. Of the Coronary Garden: Flowers and Rare Plants, how they are to be Raised, Governed and Improved; and how the Gardiner is to keep his Register.

Chap.

The Plan of a

Chap. XVII. Of the Philosophical Medical Garden.

Chap. XVIII. Of Stupendous and Wonderful Plants.

Chap. XIX. Of the Hort-Yard and Potagere; and what Fruit-Trees, Olitory and Esculent Plants, may be admitted into a Garden of Pleasure.

Chap. XX. Of Sallets.

Chap. XXI. Of a Vineyard, and Directions concerning the making of Wine and other Vinous Liquors, and of Teas.

Chap. XXII. Of Watering, Pruning, Plashing, Pallisading, Nailing, Clipping, Mowing, Rowlling, Weeding, Cleansing, &c.

Chap. XXIII. Of the Enemies and Infirmities to which Gardens are obnoxious, together with Remedies.

Chap. XXIV. Of the Gardiner's Almanack or Kalendarium Hortense, directing what he is to do Monthly, and what Fruits and Flowers are in prime.

BOOK III.

Chap. I. Of Conserving, Properating, Retarding, Multiplying, Transmuting, and Altering the Species,

Royal Garden

Species, Forms, and (reputed) Substantial Qualities of Plants, Fruits and Flowers.

Chap. II. Of the Hortulan Elaboratory; and of distilling and extracting of Waters, Spirits, Essences, Salts, Colours, Resuscitation of Plants, with other rare Experiments, and an Account of their Virtues.

Chap. III. Of Composing the Hortus Hyemalis, and making Books, of Natural, Arid Plants and Flowers, with several Ways of Preserving them in their Beauty.

Chap. IV. Of Painting of Flowers, Flowers enamell'd, Silk, Callico's, Paper, Wax, Guns, Pastes, Horns, Glass, Shells, Feathers, Moss, Pietra Comeffa, Inlayings, Embroyderies, Carvings, and other Artificial Representations of them.

Chap. V. Of Crowns, Chaplets, Garlands, Festoons, Encarpa, Flower-Pots, Nosegays, Poeses, Deckings, and other Flowery Pomps.

Chap. VI. Of Hortulan Laws and Privileges.

Chap. VII. Of the Hortulan Study, and of a Library, Authors and Books assistant to it.

Chap. VIII. Of Hortulan Entertainments, Natural, Divine, Moral, and Political; with divers Historical Passages, and Solemnities, to shew

Royal Garden

show the *Riches, Beauty, Wonder, Plenty, Delight*, and Universal Use of Gardens.

Chap. IX. Of Garden Burial.

Chap. X. Of Paradise, and of the most Famous Gardens in the World, Ancient and Modern.

Chap. XI. The Description of a Villa.

Chap. XII. The Corollary and Conclusion.

—— *Laudato ingentia rura,
Exiguum colito.* ——

ACETARIA:



ACETARIA: A Discourse of Sallets

SALLETs in general consist of certain *Esulent* Plants and Herbs, improv'd by Culture, Industry, and Art of the *Gard'ner*: Or, as others say, they are a Composition of *Edule* Plants and Roots of several kinds, to be eaten *Raw* or *Green*, *Blanch'd* or *Candied*; simple—and *per se*, or intermingl'd with others according to the Season. The Boil'd, Bak'd, Pickl'd, or otherwise disguis'd, variously accommodated by the skilful Cooks, to render them grateful to the more feminine Palat, or Herbs rather for the Pot, &c. challenge not the name of *Sallet* so properly here, tho' sometimes mention'd; And therefore,

Those who *Criticize* not so nicely upon the Word, seem to distinguish the **Olera* (which were never eaten *Raw*) from *Acetaria*, which

* *Olera* a frigidis distinct. See Spartianus in Pescennio. Salmas. in Jul. Capitolin.

were

were never *Boil'd*; and so they derive the Etymology of *Olus*, from *Olla*, the *Pot*. But others deduce it from ὄλος, comprehending the *Universal Genus* of the Vegetable Kingdom; as from Γᾱν *Panis*; esteeming that he who had **Bread* and *Herbs*, was sufficiently blefs'd with all a frugal Man cou'd need or desire: Others again will have it, *ab Olendo*, i.e. *Crescendo*, from its continual growth and *springing up*: So the younger *Scaliger* on *Varro*: But his Father *Julius* extends it not so generally to all Plants, as to all the *Esculents*, according to the Text: *We call those Olera* (says †*Theophrastus*) *which are commonly eaten*, in which sense it may be taken, to include both *Boil'd* and *Raw*: Last of all, *ab Alendo*, as having been the Original, and genuine Food of all Mankind from the ‡*Creation*.

A great deal more of this Learned Stuff were to be pick'd up from the *Cumini Sectores*, and impertinently Curious; whilst as it concerns

* *Panis erat primis virides mortalibus Herbae;*

Quas tellus nullo sollicitante dabat.

Et modo carpebant vivaci cespite gramen;

Nunc epulæ tenera fronde cacumen erant.

Ovid, *Fastor.* IV.

† καλῶμεν γὰρ λάχανα τὰ ὠρὸς τὴν ἡμενέραν χρεῖαν, *Theophrast. Plant. l. VII. cap. 7.*

‡ *Gen. i. 29.*

the business in hand, we are by *Sallet* to understand a particular Composition of certain *Crude* and fresh Herbs, such as usually are, or may safely be eaten with some *Acetous Juice*, *Oyl*, *Salt*, &c. to give them a grateful *Taste* and *Vehicle*; exclusive of the **ψυχράι τράπεζαι*, eaten without their due *Correctives*, which the Learned †*Salmasius*, and, indeed generally, the ‡*old Physicians* affirm (and that truly) all *Crude* and raw *λάχανα* require to render them wholesome; so as probably they were from hence, as §*Pliny* thinks, call'd *Acetaria*: and not (as *Hermolaus* and some others) *Acceptaria ab Accipiendo*; nor from *Accedere*, though so ||ready at hand, and easily dress'd; requiring neither *Fire*, *Cost*, or *Attendance*, to boil, roast, and prepare them as did *Flesh*, and other *Provisions*; from which, and other *Prerogatives*, they were always in use, &c. And hence indeed the more frugal *Italians* and *French*, to this Day, gather *Ogni Verdura*, any thing almost that's *Green* and *Tender*, to the very *Tops of Nettles*; so as every *Hedge* affords

* Plutarch *Sympos.*

† *Salmas.* in *Solin. against Hieron. Mercurialis.*

‡ *Galen. 2R. Aliment. cap. 1. Et Simp. Medic. Averroes, lib. V. Golloc.*

§ *Plin. lib. XIX. c. 4.*

|| *Convictus facilis, sine arte mensa. Mart. Ep. 74.*

a *Sallet*

a *Sallet* (not unagreeable) season'd with its proper *Oxybaphon* of *Vinegar*, *Salt*, *Oyl*, &c. which doubtless gives it both the Relish and Name of *Salad*, *Emsfalada**, as with us of *Sallet*; from the *Sapidity*, which renders not *Plants* and *Herbs* alone, but *Men* themselves, and their *Conversations*, pleasant and agreeable: But of this enough, and perhaps too much; least whilst I write of *Salt* and *Sallet*, I appear my self *Insipid*: I pass therefore to the *Ingredients*, which we will call

Furniture and Materials

THE *Materials* of *Sallets*, which together with the grosser *Olera*, consist of *Roots*, *Stalks*, *Leaves*, *Buds*, *Flowers*, &c. *Fruits* (belonging to another Class) would require a much ampler Volume, than would suit our *Kalendar*, (of which this pretends to be an *Appendix* only) should we extend the following *Catalogue* further than to a brief enumeration only of such *Herbaceous* Plants, *Oluscula* and smaller *Esculents*, as are chiefly us'd in *Cold Sallets*, of whose Culture we have treated there; and as

* "Ἀπυρον τροφὴ, which Suidas calls λάχανα, *Olera quæ cruda sumuntur ex Aceto*. Harduin in loc.

we gather them from the *Mother* and *Genial Bed*, with a touch only of their *Qualities*, for Reasons hereafter given.

1. Alexanders, *Hippofelinum*; *S. Smyrnium vulgare* (much of the nature of *Persly*) is moderately hot, and of a cleansing Faculty, Deobstruſting, nourishing, and comforting the Stomach. The gentle fresh Sprouts, Buds, and Tops are to be choſen, and the Stalks eaten in the Spring; and when *Blanch'd*, in Winter likewise, with *Oyl*, *Pepper*, *Salt*, &c. by themselves, or in Composition: They make also an excellent *Vernal Pottage*.

2. Artichaux, *Cinara*, (*Carduus Sativus*) hot and dry. The Heads being ſlit in quarters firſt eaten raw, with *Oyl*, a little *Vinegar*, *Salt*, and *Pepper*, gratefully recommend a Glaſs of *Wine*; Dr. *Muffet* ſays, at the end of Meals.

They are likewise, whilſt tender and ſmall, fried in fresh *Butter* criſp with *Persley*. But then become a moſt delicate and excellent Reſtorative, when full grown, they are boil'd the common way. The *Bottoms* are alſo bak'd in *Pies*, with *Marrow*, *Dates*, and other rich Ingredients: In *Italy* they ſometimes broil them, and as the Scaly Leaves open, baſte them with fresh and ſweet *Oyl*; but with Care extraordinary,

nary, for if a drop fall upon the Coals, all is marr'd; that hazard escap'd, they eat them with the Juice of *Orange* and *Sugar*.

The Stalk is *Blanch'd* in Autumn, and the *Pith* eaten raw or boil'd. The way of preserving them fresh all Winter, is by separating the *Bottoms* from the *Leaves*, and after Par-boiling, allowing to every *Bottom*, a small earthen glaz'd Pot; burying it all over in fresh melted *Butter*, as they do Wild-Fowl, &c. Or if more than one, in a larger Pot, in the same Bed and Covering, *Layer* upon *Layer*.

They are also preserv'd by stringing them on Pack-thread, a clean Paper being put between every *Bottom*, to hinder them from touching one another, and so hung up in a dry place. They are likewise *Pickl'd*.

'Tis not very long since this noble *Thistle* came first into *Italy*, Improv'd to this Magnitude by Culture; and so rare in *England*, that they were commonly sold for *Crowns* a piece: But what *Carthage* yearly spent in them (as *Pliny* computes the Sum) amounted to *Sestertia Sena Millia*, 30000 *l. Sterling*.

Note, That the *Spanish Cardon*, a wild and smaller *Artich oak*, with sharp pointed Leaves, and lesser Head; the Stalks being *Blanch'd* and
tender

tender, are ferv'd-up *a la Poiverade* (that is with *Oyl, Pepper, &c.*) as the *French* term is.

3. Bafil, *Ocimum* (as *Baulm*) imparts a grateful Flavour, if not too strong, somewhat offensive to the Eyes; and therefore the tender Tops to be very sparingly us'd in our *Sallet*.

4. Baulm, *Meliffa, Baum*, hot and dry, Cordial and exhilarating, sovereign for the Brain, strengthening the Memory, and powerfully chafing away *Melancholy*. The tender Leaves are us'd in Composition with other Herbs; and the Sprigs fresh gather'd, put into *Wine* or other Drinks, during the heat of Summer, give it a marvellous quickness: This noble Plant yields an incomparable *Wine*, made as is that of *Cowslip-Flowers*.

5. Beet, *Beta*; of which there is both *Red, Black, and White*: The *Costa*, or Rib of the *White Beet* (by the *French* call'd the *Chard*) being boil'd, melts, and eats like Marrow. And the *Roots* (especially of the *Red*) cut into thin slices, boil'd, when cold, is of it self a grateful winter *Sallet*; or being mingl'd with other *Oluscula, Oyl, Vinegar, Salt, &c.* 'Tis of quality Cold and Moist, and naturally somewhat *Laxative*:

ative: But however by the *Epigrammatist* stil'd
Foolish and *Insipid*, as *Innocentior quam Olus*
 (for so the Learned **Harduin* reads the place)
 'tis by *Diphilus* of old, and others since, pre-
 ferr'd before *Cabbage* as of better Nourishment:
Martial (not unlearn'd in the Art of *Sallet*)
 commends it with *Wine* and *Pepper*: He names
 it indeed ——— *Fabrorum prandia*, for its be-
 ing so vulgar. But eaten with *Oyl* and *Vinegar*,
 as usually, it is no despicable *Sallet*. There is a
Beet growing near the Sea, which is the most
 delicate of all. The Roots of the *Red Beet*,
 pared into thin Slices and Circles, are by the
French and *Italians* contriv'd into curious Fig-
 ures to adorn their *Sallets*.

6. Blite, *Blitum*; English *Mercury*, or (as our
 Country House wives call it) *All-good*, the gen-
 tle *Turiones*, and Tops may be eaten as *Spar-*
agus, or sodden in Pottage: There is both a
 white and red, much us'd in *Spain* and *Italy*;
 but besides its humidity and deterfive Nature,
 'tis *Insipid* enough.

7. Borrage, *Borrage* (*Gaudia semper ago*) hot
 and kindly moist, purifying the Blood, is an

* Plin. H. Nat. lib. xix. cap. 8.

exhilarating

exhilarating Cordial, of a pleasant Flavour: The tender Leaves, and Flowers especially, may be eaten in Composition; but above all, the Sprigs in *Wine*, like those of *Baum*, are of known Vertue to revive the *Hypochondriac*, and chear the hard Student. See *Bugloss*.

8. Brooklime, *Anagallis aquatica*; moderately hot and moist, prevalent in the *Scorbute*, and *Stone*.

9. Bugloss, *Buglossum*; in mature much like *Borrage*, yet something more astringent. The Flowers of both, with the intire Plant, greatly restorative, being Conserv'd: And for the rest, so much commended by *Averroes*; that for its effects, cherishing the Spirits, justly call'd *Euphrosynum*; Nay, some will have it the *Nepenthes* of *Homer*: But indeed, what we now call *Bugloss*, was not that of the Ancients, but rather *Borrage*, for the like Virtue named *Corrago*.

Burnet, See *Pimpinella*.

10. Buds, *Gemmæ*, *Turiones*; the first Rudiments and Tops of most *Sallet*-Plants, preferable to all other less tender Parts; such as *Aspen*-Keys, *Broom*-buds, hot and dry, retaining

ing the vertue of *Capers*, esteem'd to be very opening, and prevalent against the *Spleen* and *Scurvy*; and being *Pickl'd*, are sprinkl'd among the *Sallets*, or eaten by themselves.

II. Cabbage, *Brassica* (and its several kinds) *Pompey's* beloved Dish, so highly celebrated by old **Cato*, *Pythagoras*, and *Chrysippus* the Physician (as the only *Panacea*) is not so generally magnify'd by the rest of Doctors, as affording but a crass and melancholy Juice; yet *Loosening* if but moderately boil'd, if over-much, *Astringent*, according to *C. Celsus*; and therefore seldom eaten raw, excepting by the *Dutch*. The *Cymæ*, or Sprouts rather of the *Cole* are very delicate, so boil'd as to retain their Verdure and green Colour. In raising this *Plant* great care is to be had of the Seed. The best comes from *Denmark* and *Russia*, especially the *Cauly-flower*, (anciently unknown) or from *Aleppo*. Of the *French*, the *Pancaliere a la large Costé*, the white, large and ponderous are to be chosen; and so the *Cauly-flower*: After boiling some steep them in Milk, and feede them again in Beef-Broth: Of old they added a little *Nitre*. The *Broccoli* from *Naples*, perhaps the

* *De R. R. cap. clvii.*

Halmyridia of *Pliny* (or *Athenæus* rather) *Capitata marina* & *florida*, our *Sea-keele* (the ancient *Crambe*) and growing on our Coast, are very delicate, as are the *Savoys*, commended for being not so rank, but agreeable to most *Palates*, and of better Nourishment: In general, *Cabbages* are thought to allay Fumes, and prevent Intoxication: But some will have them noxious to the Sight; others impute it to the *Cauly-flower* rather: But whilst the Learned are not agreed about it, *Theophrastus* affirms the contrary, and *Pliny* commends the Juice raw, with a little *Honey*, for the moist and weeping Eye, not the dry or dull. But after all, *Cabbage* ('tis confess'd) is greatly accus'd for lying undigested in the Stomach, and provoking Eructations; which makes me wonder at the Veneration we read the Ancients had for them, calling them *Divine*, and Swearing, *per Brassicam*. 'Tis scarce an hundred Years since we first had *Cabbages* out of *Holland*. Sir *Anth. Asbley* of *Wiburg St. Giles* in *Dorsetshire*, being (as I am told) the first who planted them in *England*.

12. Cardon, See *Artichaux*.

13. Carrots, *Dauci*, or *Pastinaca Sativa*; temperately warm and dry, Spicy; the best are yellow

yellow, very nourishing; let them be rais'd in Ground naturally rich, but not too heavy.

14. Chervile, *Chærophylum*, *Myrrhis*; The sweet aromack *Spanish Chervile*, moderately hot and dry: The tender *Cimæ*, and Tops, with other Herbs, are never to be wanting in our *Sallets*, (as long as they may be had) being exceedingly wholsome and chearing the Spirits: The *Roots* are also boil'd and eaten Cold; much commended for Aged Persons: This (as likewise *Spinach*) is us'd in *Tarts*, and serves alone for divers Sauces.

Cibbols. }
Cives. } Vide Onions, *Schænopræsson*.

15. Clary, *Horminum*, when tender not to be rejected, and in *Omlets*, made up with *Cream*, fried in sweet *Butter*, are eaten with *Sugar*, Juice of *Orange*, or *Limon*.

16. Clavers, *Aparine*; the tender Winders, with young *Nettle-Tops*, are us'd in *Lenten Pottages*.

17. Corn-fallet, *Valerianella*; loos'ning and refreshing: The Tops and Leaves are a *Sallet* of

of themselves, seasonably eaten with other Sal-
letting, the whole Winter long, and early Spring:
The *French* call them *Salad de Preter*, for their
being generally eaten in *Lent*.

18. Cowslips, *Paralyfis*: See *Flowers*.

19. Cresses, *Nasturtium*, Garden *Cresses*; to
be monthly sown: But above all the *Indian*,
moderately hot, and aromatick, quicken the
torpent Spirits, and purge the Brain, and are
of singular effect against the *Scorbute*. Both the
tender Leaves, *Calices*, *Cappuchin Capers*, and
Flowers, are laudably mixed with the colder
Plants. The *Buds* being Candy'd, are likewise
us'd in Strewings all Winter. There is the
Nastur. Hybernicum commended also, and the
vulgar *Water-Cress*, proper in the Spring, all of
the same Nature, tho' of different Degrees, and
best for raw and cold Stomachs, but nourish
little.

20. Cucumber, *Cucumis*; tho' very cold and
moist, the most approved *Sallet* alone, or in
Composition, of all the *Vinaigrets*, to sharpen
the Appetite, and cool the Liver, **Ἐκ.* if rightly

* *Ἐφθός, δόσικυός, ἀπαλός, ἄλυωσ, ἐρητικός.* Athen.

prepar'd;

prepar'd; that is, by rectifying the vulgar Mistake of altogether extracting the Juice, in which it should rather be soak'd: Nor ought it to be over *Oyl'd*, too much abating of its grateful *Acidity*, and *palling* the Taste from a contrariety of Particles: Let them therefore be pared, and cut in thin Slices, with a *Clove* or two of *Onion* to correct the Crudity, macerated in the Juice, often turn'd and moderately drain'd. Others prepare them, by shaking the Slices between two Dishes, and dress them with very little *Oyl*, well beaten, and mingled with the Juice of *Limon*, *Orange*, or *Vinegar*, *Salt* and *Pepper*. Some again, (and indeed the most approv'd) eat them as soon as they are cut, retaining their Liquor, which being exhausted (by the former Method) have nothing remaining in them to help the Concoction. Of old they *boil'd the *Cucumber*, and paring off the Rind, eat them with *Oyl*, *Vinegar*, and *Honey*; *Sugar* not being so well known. Lastly, the *Pulp* in Broth is greatly refreshing, and may be mingl'd in most *Sallets*, without the least damage, contrary to the common Opinion; it not being long, since *Cucumber*, however dress'd, was thought fit to be thrown away, being accounted

* Cucumis elixus delicatior, innocentior. Athenæus.

little better than Poyson. *Tavernier* tells us, that in the *Levant*, if a Child cry for something to Eat, they give it a raw *Cucumber* instead of *Bread*. The young ones may be boil'd in White-Wine. The smaller sort (known by the name of *Gerckems*) muriated with the Seeds of *Dill*, and the *Mango Pickle* are for the Winter.

21. Daify, *Bupthalmum*, Ox-Eye, or *Bellis-major*: The young *Roots* are frequently eaten by the *Spaniards* and *Italians* all the Spring till *June*.

22. Dandelion, *Dens Leonis*, *Condrilla*: Macerated in several Waters, to extract the bitterness; tho' somewhat opening, is very wholesome, and little inferior to *Succory*, *Endive*, &c. The *French Country-People* eat the *Roots*; and 'twas with this homely *Sallet*, the Good-Wife *Hecate* entertain'd *Theseus*. See *Sowthistle*.

23. Dock, *Oxylapathum*, or sharp-pointed Dock: Emollient, and tho' otherwise not for our *Sallet*, the *Roots* brewed in *Ale* or *Beer*, are excellent for the *Scorbute*.

Earth-Nuts, *Bulbo-Castanum*; (found in divers places of *Surry*, near *Kingston*, and other parts)

parts) the Rind par'd off, are eaten crude by Rustics, with a little *Pepper*; but are best boil'd like other Roots, or in Pottage rather, and are sweet and ourinshing.

24. Elder, *Sambucus*; The Flowers infus'd in *Vinegar*, grateful both to the Stomach and Taste; attenuate thick and viscid Humours; and tho' the Leaves are somewhat rank of Smell, and so not commendable in *Sallet*; they are otherwise (as indeed is the intire Shrub) of the most soveraign Vertue; and the spring Buds and tender Leaves, excellently wholsome in Pottage at that Season of the Year. See *Flowers*.

25. Endive, *Endivium*, *Intubum Sativum*; the largest, whitest, and tenderest Leaves best boil'd, and less crude. It is naturally Cold, profitable for hot Stomachs; *Incisive* and opening Obstructions of the Liver: The curled is more delicate, being eaten alone, or in Composition, with the usual *Intinctus*: It is also excellent being boil'd; the middle part of the Blanch'd-Stalk separated, eats firm, and the ampler Leaves by many perferr'd before *Lettuce*. See *Succory*.

Eschalot. See *Onions*.

Fennel,

26. Fennel, *Fœniculum*: The sweetest of *Bologna*: Aromatick, hot, and dry; expels Wind, sharpens the Sight, and recreates the Brain; especially the tender *Umbella* and Seed-Pods. The Stalks are to be peel'd when young, and then drefs'd like *Sellery*. The tender Tufts and Leaves emerging, being minc'd, are eaten alone with *Vinegar*, or *Oyl*, and *Pepper*, and to correct the colder Materials, enter properly into Composition. The *Italians* eat the blanch'd Stalk (which they call *Cartucci*) all Winter long. There is a very small *Green-Worm*, which sometimes lodges in the Stemm of this Plant, which is to be taken out, as the *Red* one in that of *Sellery*.

27. Flowers, *Flores*; chiefly of the *Aromatick Esculents* and Plants are preferrable, as generally endow'd with the Vertues of their *Simples*, in a more intense degree; and may therefore be eaten alone in their proper *Vehicles*, or Composition with other *Salleting*, sprinkl'd among them; But give a more palatable Relish, being Infus'd in *Vinegar*; Especially those of the *Clove-Gillyflower*, *Elder*, *Orange*, *Cowslip*, *Rosemary*, *Arch-Angel*, *Sage*, *Nasturtium Indicum*, &c. Some of them are Pickl'd, and divers of them make also very pleasant and wholesome *Theas*, as do likewise the *Wild Time*, *Bugloss*, *Mint*, &c.
Garlick,

28. Garlick, *Allium*; dry towards Excess; and tho' both by *Spaniards* and *Italians*, and the more Southern People, familiarly eaten, with almost every thing, and esteem'd of such singular Vertue to help Concoction, and thought a Charm against all Infection and Poyson (by which it has obtain'd the Name of the *Country-man's Theriacle*) we yet think it more proper for our Northern Rustics, especially living in *Uliginous* and moist places, or such as use the *Sea*: Whilst we absolutely forbid it entrance into our *Salleting*, by reason of its intolerable Rankness, and which made it so detested of old; that the eating of it was (as we read) part of the Punishment for such as had committed the horrid'st Crimes. To be sure, 'tis not for Ladies Palats, nor those who court them, farther than to permit a light touch on the Dish, with a *Clove* thereof, much better supply'd by the gentler *Roccombo*.

Note, That in *Spain* they sometimes eat it boil'd, which taming its fierceness, turns it into Nourishment, or rather *Medicine*.

Ginny-Pepper, *Capsicum*. See *Pepper*.

29. Goats-beard, *Trago-pogon*: The *Root* is excellent even in *Sallet*, and very Nutritive,
exceeding

exceeding profitable for the Breast, and may be stew'd and dress'd as *Scorzonera*.

30. Hops, *Lupulus*: Hot and moist, rather *Medicinal*, than fit for *Sallet*; the *Buds* and young *Tendrels* excepted, which may be eaten raw; but more conveniently being boil'd, and cold like *Asparagus*: They are *Diuretic*; depurate the Blood, and open Obstructions.

31. Hyssop, *Hyssopus*; *Thymus Capitatus Creticus*; *Majoran*, *Mary-gold*, &c. as all hot, spicy *Aromatics*, (commonly growing in *Kitchen-Gardens*) are of Faculty to Comfort, and strengthen; prevalent against Melancoly and Phlegm; Plants, like these, going under the Names of *Pot Herbs*, are much more proper for *Broths* and *Decoctions*, than the tender *Sallet*: Yet the *Tops* and *Flowers* reduc'd to Powder, are by some reserv'd for Strewings, upon the colder Ingredients; communicating no ungrateful Fragrancy.

32. Jack-by-the-Hedge, *Alliaria*, or *Sauce-alone*; has many Medicinal Properties, and is eaten as other *Sallets*, especially by Country People, growing wild under their Banks and Hedges.

Leeks,

33. Leeks, and *Cibbols*, *Porrum*; hot, and of Vertue Prolifick, since *Latona*, the Mother of *Appolo* long'd after them: The *Welch*, who eat them much, are observ'd to be very fruitful: They are also friendly to the Lungs and Stomach, being sod in Milk; a few therefore of the slender and green Summities, a little shred, do not amifs in Composition. See *Onion*.

34. Lettuce, *Lactuca*: Tho' by *Metaphor* call'd **Mortuorum Cibi*, (to say nothing of †*Adonis* and his sad *Mistrifs*) by reason of its *Soporiferous* quality, ever was, and still continues the principal Foundation of the universal *Tribe* of *Sallets*; which is to Cool and Refresh, besides its other Properties: And therefore in such high esteem with the Ancients; that divers of the *Valerian* Family, dignify'd and enobled their Name with that of *Lactucinii*.

It is indeed of Nature more cold and moist than any of the rest; yet less astringent, and so harmless that it may safely be eaten raw in Fevers; for it allays Heat, bridles Choler, ex-

* Eubulus.

† In *Lactuca occultatum à Venere Adonin cecinit Callimachus*, quod Allegoricè interpretatus *Athenæus* illuc referendum putat, quod in Venerem hebetiores fiant *Lactucis* vescentes assidue.

tinguishes

tinguishes Thirst, excites Appetite, kindly Nourishes, and above all represses Vapours, conciliates Sleep, mitigates Pain; besides the effect it has upon the Morals, *Temperance* and *Chastity*. Galen (whose beloved *Sallet* it was) from its *pinguid*, *subdulcid* and agreeable Nature, says it breeds the most laudable Blood. No marvel then that they were by the Ancients called *Sana*, by way of eminency, and so highly valu'd by the great **Augustus*, that attributing his Recovery of a dangerous Sickness to them, 'tis reported, he erected a *Statue*, and built an *Altar* to this noble Plant. And that the most abstemious and excellent Emperor †*Tacitus* (spending almost nothing at his frugal Table in other Dainties) was yet so great a Friend to *Lettuce*, that he was us'd to say of his Prodigality, *Somnum se mercari illa sumptus effusione*. How it was celebrated by *Galen* we have heard; how he us'd it he tells himself; namely, beginning with *Lettuce* in his younger Days, and concluding with it when he grew old, and that to his great advantage. In a word, we meet with nothing among all our crude Materials

* Apud Sueton.

† Vopiscus Tacit. *For the rest both of the Kinds and Vertues of Lettuce, See Plin. H. Nat. l. xix. c. 8. and xx. c. 7. Fernel. &c.*

and

and *Sallet* store, so proper to mingle with any of the rest, nor so wholesome to be eaten alone, or in Composition, moderately, and with the usual *Oxelæum* of *Vinegar*, *Pepper*, and *Oyl*, &c. which last does not so perfectly agree with the *Alphange*, to which the Juice of *Orange*, or *Limon* and *Sugar* is more desirable: *Aristoxenus* is reported to have irrigated his *Lettuce-Beds* with an *Oinomelite*, or mixture of *Wine* and *Honey*: And certainly 'tis not for nothing that our Garden-Lovers, and *Brothers of the Sallet*, have been so exceedingly Industrious to cultivate this Noble Plant, and multiply its *Species*; for to name a few in present use: We have the *Alphange* of *Montpelier*, crisp and delicate; the *Arabic*; *Ambervelleres*; *Belgrade*, *Cabbage*, *Capuchin*, *Coss-Lettuce*, *Curl'd*; the *Genoa* (lasting all the Winter) the *Imperial*, *Lambs*, or *Agnine*, and *Lobbs* or *Lop-Lettuces*. The *French Minion* a dwarf kind: The *Oak-Leaf*, *Passion*, *Roman*, *Shell*, and *Silesian*, hard and crimp (esteemed of the best and rarest) with divers more: And here let it be noted, that besides three or four sorts of this Plant, and some few of the rest, there was within our remembrance, rarely any other *Salleting* serv'd up to the best Tables; with unblanch'd *Endive*, *Succory*, *Purselan*, (and indeed little other variety)

riety) *Sugar* and *Vinegar* being the constant *Vehicles* (without *Oyl*) but now *Sugar* is almost wholly banish'd from all, except the more effeminate Palates, as too much palling, and taking from the grateful *Acid* now in use, tho' otherwise not totally to be reproved: *Lettuce* boil'd and *Condited* is sometimes spoken of.

35. Limon, *Limonia*, *citrea mala*; exceedingly refreshing, *Cordial*, &c. The Pulp being blended with the Juice, secluding the over-sweet or bitter. See *Orange*.

36. Mallow, *Malva*; the curl'd, emollient, and friendly to the *Ventricle*, and so rather Medicinal; yet may the Tops, well boil'd, be admitted, and the rest (tho' out of use at present) was taken by the Poets for all *Sallets* in general. *Pythagoras* held *Malvæ folium Sanctissimum*; and we find *Epimenides* in **Plato* at his *Mallows* and *Asphodel*; and indeed it was of old the first Dish at Table: The *Romans* had it also in *deliciis*, †*Malvæ falubres corpori*, approved by ‡*Galen* and §*Dioscorides*; namely the *Garden-Mallow*, by others the *Wild*; but I

* De Legib.

† *Hor. Epod. 11.*

‡ De Simp. Medic. L. vii.

§ *Lib. ii. cap. 3.*

think both proper rather for the *Pot*, than *Sallet*. *Nonius* supposes the tall *Rosea*, *Arborescent* *Holi-hocks*, that bears the broad Flower, for the best, and very **Laxative*; but by reason of their clamminess and *Lentor*, banished from our *Sallet*, tho' by some commended and eaten with *Oyl* and *Vinegar*, and some with *Butter*.

Mercury, *Bonus Henricus*, English Mercury, or *Lapathum Unctuosum*. See *Blitum*.

37. Melon, *Melo*; to have been reckon'd rather among *Fruits*; and tho' an usual Ingredient in our *Sallet*; yet for its transcendent delicacy and flavor, cooling and exhilarating Nature (if sweet, dry, weighty, and well-fed) not only superior all the *Gourd*-kind, but Paragon with the noblest Productions of the Garden. *Jos. Scaliger* and *Casaubon*, think our *Melon* unknown to the Ancients, (which others contradict) as yet under the name of *Cucumers*:

* Exoneraturas Ventrem mihi Villica Malvas Attulit, & varias, quas habet hortus, Opes.

Mart. Lib. x.

And our sweet Poet:

———Nulla est humanior herba,
Nulla magis suavi commoditate bona est,
Omnia tam placidè regerat, blandéquerelaxat,
Emollitque vias, nec finit esse rudes.

Cowl. Plan. L. 4.

But

But he who reads how artificially they were Cultivated, rais'd under Glaffes, and expos'd to the hot Sun, (for *Tiberius*) cannot well doubt of their being the same with ours.

There is also a *Winter-Melon*, large and with black Seeds, exceedingly Cooling, brought us from abroad, and the hotter Climates, where they drink *Water* after eating *Melons*; but in the colder (after all dispute) *Wine* is judg'd the better: That it has indeed by some been accus'd as apt to corrupt in the Stomach (as do all things else eaten in excess) is not deny'd: But a perfect good *Melon* is certainly as harmless a Fruit as any whatsoever; and may safely be mingl'd with *Sallet*, in Pulp or Slices, or more properly eaten by it self, with a little *Salt* and *Pepper*; for a *Melon* which requires *Sugar* to commend it, wants of Perfection. *Note*, That this Fruit was very rarely cultivated in *England*, so as to bring it to Maturity, till Sir *Geo. Gardner* came out of *Spain*. I my self remembering, when an ordinary *Melon* would have been sold for five or six Shillings. The small unripe Fruit, when the others are past, may be Pickl'd with *Mango*, and are very delicate.

38. Mint, *Mentha*; the *Angustifolia Spicata*, Spear-Mint; dry and warm, very fragrant, a little

little press'd, is friendly to the weak Stomach, and powerful against all *Nervous* Crudities: The gentler Tops of the *Orange-Mint*, enter well into our Composition, or are grateful alone (as are also the other sorts) with the Juice of *Orange*, and a little *Sugar*.

39. Mushrooms, *Fungi*; By the *Orator call'd *Terræ*, by *Porphyry Deorum filii*, without Seed (as produc'd by the Midwifry of *Autumnal* Thunder-Storms, portending the Mischief they cause) by the *French, Champignons*, with all the Species of the *Boletus*, &c. for being, as some hold, neither *Root, Herb, Flower*, nor *Fruit*, nor to be eaten crude; should be therefore banish'd entry into our *Sallet*, were I to order the Composition; however so highly contended for by many, as the very principal and top of all the rest; whilst I think them tolerable only (at least in this *Climate*) if being fresh and skilfully chosen, they are accommodated with the nicest Care and Circumspection; generally reported to have something malignant and noxious in them: Nor without cause; from the many sad Examples, frequent Mischiefs, and funest Accidents they have produc'd, not only

* Cic ad Attic.

to particular Persons, but whole Families: Exalted indeed they were to the second Course of the *Cæsarian Tables*, with the noble Title *Βρῶμα θεῶν*, a Dainty fit for the *Gods* alone; to whom they sent the Emperor **Claudius*, as they have many since, to the other World. But he that reads how †*Seneca* deplores his lost Friend, that brave Commander *Annæus Serenus*, and several other gallant Persons with him, who all of them perish'd at the same Repast; would be apt to ask with the ‡*Naturalist* (speaking of this suspicious Dainty) *Quæ voluptas tanta ancipitis cibi?* and who indeed would hazard it? So true is that of the Poet; He that eats *Musbrooms*, many time *Nil amplius edit*, eats no more perhaps all his Life after. What other deterring *Epithets* are given for our Caution, *Βάρη πνιγόντα μυκήτων*, heavy and choaking. (*Athenæus* reporting of the Poet *Euripides's*, finding a Woman and her three Children strangl'd by eating of them) one would think sufficient warning.

Among these comes in the *Fungus Reticularis*, to be found about *London*, as at *Fulham* and other places; whilst at no small charge we

* Sueton in *Claudi*.

† Sen. Ep. lxiii.

‡ Plin. N. H. l. xxi. c. 23.

send for them into *France*; as we also do for *Truffles*, *Pig-nuts*, and other subterraneous *Tubera*, which in *Italy* they fry in Oyl, and eat with *Pepper*: They are commonly discovered by a *Nasute Swine* purposely brought up; being of a Chefsnut Colour, and heady Smell, and not seldom found in *England*, particularly in a Park of my Lord *Cotton's* at *Rushton* or *Rusbery* in *Northampton-shire*, and doubtless in other *places too were they sought after. How these rank and provocative Excrescences are to be †treated (of themselves insipid enough, and only famous for their kindly taking any Pickle or *Conditure*) that they may do the less Mischiefe we might here set down. But since there be so many ways of Dressing them, that I can encourage none to use them, for Reasons given (besides that they do not at all concern our safer and innocent *Sallet* Furniture) I forbear it; and referr those who long after this beloved *Ragout*, and other *Voluptuaria Venena* (as *Seneca* calls them) to what our Learned Dr. *Lyster*‡ says of the many Venomous *Insects* harbouring and corrupting in a new found-out Species of *Musbrooms* had lately in deliciis.

* Transact. Philos. Num. 202.

† Apitius, lib. vii. cap. 13.

‡ Philos. Transact. Num. 69. Journey to Paris.

Those,

Those, in the mean time, which are esteemed best, and less pernicious, (of which see the *Appendix*) are such as rise in rich, airy, and dry *Pasture-Grounds; growing on the Staff or *Pedicule* of about an Inch thick and high; moderately Swelling (*Target-like*) round and firm, being underneath of a pale saffronish hue, curiously radiated in parallel Lines and Edges, which becoming either Yellow, Orange, or Black, are to be rejected: But besides what the Harvest-Months produce, they are likewise rais'd †Artificially; as at *Naples* in their Wine-Cellars, upon an heap of rank Earth, heaped upon a certain supposed *Stone*, but in truth, (as the curious and noble ‡*Peiresky* tells us, he found to be) nothing but an heap of old *Fungus's*, reduc'd and compacted to a stony hardness, upon which they lay Earth, and sprinkle it with warm Water, in which *Musbrooms* have been steeped. And in *France*, by making an hot Bed of *Asses-Dung*, and when the heat is in Temper, watering it (as above) well impregnated with the Parings and Offals of refuse

* *Pratenibus optima fungis Natura est: aliis male creditur.*
Hor. Sat. l. 7. Sat. 4.

† *Bacon Nat. Hist. 12. Cent. vii. 547, 548, &c.*

‡ *Gassend. Vita Peirf. l. iv. Raderus Mart. l. Epig. xlvi. In ponticum—says, within four Days.*

Fungus's;

Fungus's; and such a Bed will last two or three Years, and sometimes our common *Melon-Beds* afford them, besides other Experiments.

40. Mustard, *Sinapi*; exceeding hot and *mordicant*, not only in the Seed but Leaf also; especially in *Seedling* young Plants, like those of *Radishes* (newly peeping out of the Bed) is of incomparable effect to quicken and revive the Spirits; strengthening the Memory, expelling heaviness, preventing the Vertiginous Palsie, and is a laudable *Cephalick*. Besides it is an approv'd *Antiscorbutick*; aids Concoction, cuts and dissipates Phlegmatick Humours. In short, 'tis the most noble *Embamma*, and so necessary an Ingredient to all cold and raw *Salleting*, that it is very rarely, if at all, to be left out. In *Italy* in making *Mustard*, they mingle *Limon* and *Orange-Peel*, with the Seeds. How the best is made, see hereafter.

Nasturtium Indicum. See *Cresses*.

41. Nettles, *Urtica*; Hot, dry, *Diuretic*, *Solvent*; purifies the Blood: The Buds, and very tender *Cimae*, a little bruised, are by some eaten raw, by others boil'd, especially in *Spring-Pottage*, with other Herbs.

Onion,

42. Onion, *Cepa*, *Porrum*; the best are such as are brought us out of *Spain*, whence they of *St. Omers* had them, and some that have weigh'd eight Pounds. Choose therefore the large, round, white, and thin Skin'd. Being eaten crude and alone with *Oyl*, *Vinegar*, and *Pepper*, we own them in *Sallet*, not so hot as *Garlick*, nor at all so rank: Boil'd, they give a kindly relish; raise Appetite, corroborate the Stomach, cut Phlegm, and profit the *Asthmatical*: But eaten in excess, are said to offend the Head and Eyes, unless *Edulcorated* with a gentle maceration. In the mean time, as to their being noxious to the Sight, is imputable only to the Vapour rising from the raw Onion, when peeled, which some commend for its purging and quickning that Sense. How they are us'd in Pottage, boil'd in Milk, stew'd, &c. concerns the Kitchen. In our cold *Sallet* we supply them with the *Porrum Scetile*, Tops of *Leeks*, and *Eschalots* (*Ascalonia*) of gust more exalted, yet not to the degree of *Garlick*. Or (by what of later use is much preferr'd) with a *Seed* or two of *Raccombo*, of a yet milder and delicate nature, which by rubbing the Dish only, imparts its Vertue agreeably enough. In *Italy* they frequently make a *Sallet* of *Scalions*, *Cives*, and *Chibbols* only season'd with *Oyl* and *Pepper*;
and

and an honest laborious Country-man, with good *Bread*, *Salt*, and a little *Parsley*, will make a contented Meal with a roasted *Onion*. How this noble *Bulb* was deified in **Egypt* we are told, and that whilst they were building the *Pyramids*, there was spent in this Root †*Ninety Tun* of *Gold* among the Workmen. So luscious and tempting it seems they were, that as whole Nations have subsisted on them alone; so the *Israelites* were ready to return to *Slavery* and *Brick-making* for the love of them. Indeed *Hecamedes* we find presents them to *Patroclus*, in *Homer*, as a *Regalo*; But certainly we are either mistaken in the *Species* (which some will have to be *Melons*) or use *Poetick* Licence, when we so highly magnify them.

43. Orach, *Atriplex*: Is cooling, allays the *Pituit* Humor: Being set over the Fire, neither *this*, nor *Lettuce*, needs any other Water than their own moisture to boil them in, without Expression: The tender Leaves are mingl'd with other cold *Salleting*; but 'tis better in Potage. See *Blitum*.

* O Sanctas gentes, quibus haec nascuntur in hortis
Numina****——— *Juv. Sat. 15.*

† Herodotus.

44. Orange, *Arantiæ* (*Malum aureum*) Moderately dry, cooling, and incisive; sharpens Appetite, exceedingly refreshes and resists Putrefaction: We speak of the *Sub acid*; the sweet and bitter Orange being of no use in our *Sallet*. The *Limon* is somewhat more acute, cooling and extinguishing Thirst; of all the *Οξύβαφα* the best *succedaneum* to *Vinegar*. The very Spoils and Rinds of Orange and *Limon* being shred and sprinkl'd among the other Herbs, correct the Acrimony. But they are the tender *Seedlings* from the *Hot-Bed*, which impart an *Aromatic* exceedingly grateful to the Stomach. *Vide Limon*.

45. Parsnep, *Pastinaca*, Carrot: first boil'd, being cold, is of it self a Winter-*Sallet*, eaten with *Oyl*, *Vinegar*, &c. and having something of Spicy, is by some, thought more nourishing than the *Turnep*.

46. Pease, *Pisum*: the Pod of the *Sugar-Pease*, when first beginning to appear, with the *Husk* and *Tendrels*, affording a pretty *Acid*, enter into the Composition, as do those of *Hops* and the *Vine*.

47. Peper, *Piper*; hot and dry in a high degree; of approv'd Vertue against all flatulency
proceeding

proceeding from cold and phlegmatic Constitutions, and generally all Crudities whatsoever; and therefore for being of universal use to correct and temper the cooler Herbs, and such as abound in moisture; It is a never to be omitted Ingredient of our *Sallets*; provided it be not too minutely beaten (as oft we find it) to an almost impalpable Dust, which is very pernicious and frequently adheres and sticks in the folds of the Stomach, where, instead of promoting Concoction, it often causes a *Cardialgium*, and fires the Blood: It should therefore be grossly contus'd only.

Indian Capsicum, superlatively hot and burning, is yet by the *Africans* eaten with *Salt* and *Vinegar* by it self, as an usual Condiment; but wou'd be of dangerous consequence with us; being so much more of an acrimonious and terribly biting quality, which by Art and Mixture is notwithstanding render'd not only safe, but very agreeable in our *Sallet*.

Take the *Pods*, and dry them well in a Pan; and when they are become sufficiently hard, cut them into small pieces, and stamp 'em in a Mortar to dust: To each Ounce of which add a Pound of *Wheat-flour*, fermented with a little *Levain*: Knead and make them into Cakes or Loaves cut long-wise, in shape of *Naples-Biscuit*.

cuit. These Re-bake a second time, till they are Stone-hard: Pound them again as before, and ferce it through a fine Sieve, for a very proper Seasoning, instead of vulgar *Peper*. The Mordicancy thus allay'd, be sure to make the Mortar very clean, after having beaten *Indian Capsicum*, before you stamp any thing in it else. The green Husks, or first peeping Buds of the *Walnut-Tree*, dry'd to Powder, serve for *Peper* in some places, and so do *Myrtle-berries*.

48. Parsley, *Petroselinum*, or *Apium hortense*; being hot and dry, opens Obstructions, is very *Diuretic*, yet nourishing, *edulcorated* in shifted warm Water (the Roots especially) but of less Vertue than *Alexanders*; nor so convenient in our crude *Sallet*, as when decocted on a Medicinal Account. Some few tops of the tender Leaves may yet be admitted; tho' it was of old, we read, never brought to the Table at all, as sacred to *Oblivium* and the *Defunct*. In the mean time, there being nothing more proper for Stuffing, (*Farces*) and other *Sauces*, we consign it to the *Olitories*. Note, that Parsley is not so hurtful to the Eyes as is reported. See *Sellery*.

49. Pimpernel, *Pimpinella*; eaten by the *French* and *Italians*, is our common *Burnet*; of
so

so chearing and exhilarating a quality, and so generally commended, as (giving it admittance into all *Sallets*) 'tis pass'd into a Proverb:

*L'Insalata non è buon, ne bella
Ove non è la Pimpinella.*

But a fresh sprig in *Wine*, recommends it to us as its most genuine Element.

50. Purslain, *Portulaca*; especially the *Golden* whilst tender, next the Seed-leaves, with the young Stalks, being eminently moist and cooling, quickens Appetite, asswages Thirst, and is very profitable for hot and *Bilious* Tempers, as well as *Sanguine*, and generally entertain'd in all our *Sallets*, mingled with the hotter Herbs: 'Tis likewise familiarly eaten alone with *Oyl* and *Vinegar*; but with moderation, as having been sometimes found to corrupt in the Stomach, which being *Pickl'd* 'tis not so apt to do. Some eat it cold, after it has been boil'd, which Dr. *Muffet* would have in *Wine*, for Nourishment.

The Shrub *Halimus*, is a sort of *Sea-Purslain*: The newly peeping Leaves (tho' rarely us'd) afford a no unpleasant *Acidule*, even during winter, if it prove not too severe.

Purslain

Purflain is accus'd for being hurtful to the *Teeth*, if too much eaten.

51. Radish, *Raphanus*. Albeit rather Medicinal, than so commendably accompanying our *Sallets* (wherein they often slice the larger Roots) are much inferior to the young Seedling Leaves and Roots; raised on the *Monthly *Hot-Bed*, almost the whole Year round, affording a very grateful mordacity, and sufficiently attempers the cooler Ingredients: The bigger Roots (so much desir'd) should be such as being transparent, eat short and quick, without stringiness, and not too biting. These are eaten alone with *Salt* only, as carrying their *Peper* in them; and were indeed by *Dioscorides* and *Pliny* celebrated above all Roots whatsoever; inasmuch as in the *Delphic* Temple, there was *Raphanus ex auro dicatus*, a Radish of solid Gold; and 'tis said of *Moschius*, that he wrote a whole Volume in their praise. Notwithstanding all which, I am sure, the great †*Hippocrates* utterly condemns them, as *Vitiosae, innatantes ac aegre concoctiles*. And the *Naturalist* calls it *Cibus Illiberalis*, fitter for *Rustics* than Gentle-

* ὥρᾳ τὸ ῥαδίως φάγες, quia tertio à fatu die appareat.

† De diaeta lib. ii. cap. 25.

mens Tables. And indeed (besides that they decay the Teeth) experience tells us, that as the Prince of *Physicians* writes, It is hard of Digestion, *Inimicus* to the Stomach, causing nauseous Eructations, and sometimes Vomiting, tho' otherwise *Diuretic*, and thought to repel the Vapours of *Wine*, when the *Wits* were at their genial *Club*. *Dioscorides* and **Galen* differ about their Eating; One prescribes it before Meals, the latter for after. Some macerate the young Roots in warm milk, to render them more *Nourishing*.

There is a *Raphanus rusticanus*, the *Spanish* black *Horse Radish*, of a hotter quality, and not so friendly to the Head; but a notable *Antiscorbutic*, which may be eaten all the Winter, and on that account an excellent Ingredient in the Composition of *Mustard*; as are also the thin Shavings, mingled with our cold Herbs. And now before I have done with this Root, for an excellent and universal *Condiment*. Take *Horse-Radish*, whilst newly drawn out of the Earth, otherwise laid to steep in Water a competent time; then grate it on a *Grater* which has no bottom, that so it may pass thro', like a Mucilage, into a Dish of Earthen Ware: This

* De Aliment. Facult. lib. ii.

temper'd with *Vinegar*, in which a little *Sugar* has been dissolv'd, you have a *Sauce* supplying *Mustard* to the *Sallet*, and serving likewise for any Dish besides.

52. Rampion, *Rapunculus*, or the *Esculent Campanula*: The tender Roots eaten in the Spring, like those of *Radishes*, but much more Nourishing.

53. Rocket, *Eruca Spanish*; hot and dry, to be qualified with *Lettuce*, *Purcelain*, and the rest, &c. See *Tarragon*.

Roccombo. See *Onions*.

54. Rosemary, *Rosmarinus*; Soverainly *Cephalic*, and for the *Memory*, *Sight*, and *Nerves*, incomparable: And tho' not us'd in the Leaf with our *Sallet* furniture, yet the *Flowers*, a little bitter, are always welcome in *Vinegar*; but above all, a fresh Sprig or two in a Glass of *Wine*. See *Flowers*.

55. Sage, *Salvia*; hot and dry. The tops of the *Red*, well pick'd and wash'd (being often defil'd with Venomous Slime, and almost imperceptible *Insects*) with the *Flowers*, retain all
the

the noble Properties of the other hot Plants; more especially for the *Head*, *Memory*, *Eyes*, and all *Paralytical* Affections. In short, 'tis a Plant endu'd with so many and wonderful Properties, as that the assiduous use of it is said to render Men *Immortal*: We cannot therefore but allow the tender *Summities* of the young Leaves; but principally the *Flowers* in our cold *Sallet*; yet so as not to domineer.

Salfifax, *Scorzonera*. See *Vipergrafs*.

56. Sampier, *Crithmum*: That growing on the Sea-Cliffs (as about *Dover*, &c.) not only *Pickl'd*, but crude and cold, when young and tender (and such as we may Cultivate, and have in our *Kitchen-Gardens*, almost the Year round) is in my Opinion, for its *Aromatic*, and other excellent Vertues and Effects against the *Spleen*, Cleansing the Passages, sharpening Appetite, &c. so far preferable to most of our hotter Herbs, and *Sallet*-Ingredients, that I have long wonder'd, it has not been long since propagated in the *Potagere*, as it is in *France*; from whence I have often receiv'd the Seeds, which have prosper'd better, and more kindly with me, than what comes from our own Coasts: It does not indeed *Pickle* so well, as
being

being of a more tender Stalk and Leaf: But in all other respects for composing *Sallets*, it has nothing like it.

57. Scalions, *Ascalonia*, *Cepæ*; The *French* call them *Appetites*, which it notably quickens and stirs up: Corrects Crudities, and promotes Concoction. The *Italians* steep them in Water, mince, and eat them cold with Oyl, Vinegar, Salt, &c.

58. Scurvy-grass, *Cochlearia*, of the Garden, but especially that of the Sea, is sharp, biting, and hot; of Nature like *Nasturtium*, prevalent in the *Scorbute*. A few of the tender Leaves may be admitted in our Composition. See *Nasturtium Indicum*.

59. Sellery, *Apium Italicum*, (and of the *Petroseline* Family) was formerly a stranger with us (nor very long since in *Italy*) is an hot and more generous sort of *Macedonian Persley*, or *Smallage*. The tender Leaves of the *Blanched* Stalk do well in our *Sallet*, as likewise the slices of the whiten'd Stems, which being crimp and short, first peel'd and slit long wise, are eaten with Oyl, Vinegar, Salt, and Peper; and for its high and grateful Taste, is ever plac'd in the middle

middle of the *Grand Sallet*, at our Great Mens Tables, and *Prætors* Feasts, as the Grace of the whole Board. *Caution* is to be given of a small red *Worm*, often lurking in these Stalks, as does the green in *Fennil*.

Shallots. See *Onion*.

60. Skirrets, *Sifarum*; hot and moist, corroborating, and good for the Stomach, exceedingly nourishing, wholesome and delicate; of all the *Root-kind*, not subject to be Windy, and so valued by the Emperor *Tiberius*, that he accepted them for Tribute.

This excellent Root is seldom eaten raw; but being boil'd, stew'd, roasted under the Embers, bak'd in Pies, whole, sliced, or in pulp, is very acceptable to all Palates. 'Tis reported they were heretofore something bitter; See what Culture and Education effects!

61. Sorrel, *Acetosa*: of which there are divers kinds. The *French Acetocella*, with the round Leaf, growing plentifully in the *North of England*; *Roman Oxalis*; the broad *German*, &c. but the best is of *Green-Land*: by nature cold, Absterfive, Acid, sharpening Appetite, asswages Heat, cools the Liver, strengthens the Heart;
is

is an *Antiscorbutic*, resisting Putrefaction, and imparting so grateful a quickness to the rest, as supplies the want of *Orange*, *Limon*, and other *Omphacia*, and therefore never to be excluded. Vide *Wood-Sorrel*.

62. Sow-thistle, *Sonchus*; of the *Intybus*-kind. *Galen* was us'd to eat it as *Lettuce*; exceedingly welcome to the late *Morocco*. Ambassador and his Retinue.

63. Sparagus, *Asparagus* (*ab Asperitate*) temperately hot, and moist; *Cordial*, *Diuretic*, easie of Digestion, and next to *Flesh*, nothing more nourishing, as *Sim. Sethius*, an excellent Physician holds. They are sometimes, but very seldom, eaten raw with *Oyl*, and *Vinegar*; but with more delicacy (the bitterness first exhausted) being so speedily boil'd, as not to lose the *verdure* and agreeable tenderness; which is done by letting the Water boil, before you put them in. I do not esteem the *Dutch* great and larger sort (especially rais'd by the rankness of the Beds) so sweet and agreeable, as those of a moderate size.

64. Spinach, *Spinachia*: of old not us'd in *Sallets*, and the oftner kept out the better; I
speak

peak of the *crude*: But being boil'd to a *Pult*, and without other Water than its own moisture, is a most excellent Condiment with *Butter*, *Vinegar*, or *Limon*, for almost all sorts of boil'd Flesh, and may accompany a Sick Man's Diet. 'Tis *Laxative* and *Emollient*, and therefore profitable for the Aged, and (tho' by original a *Spaniard*) may be had at almost any Season, and in all places.

Stone-Crop, *Sedum Minus*. See *Trick-Madame*.

65. Succory, *Cichorium*, an *Intube*; erratic and wild, with a narrow dark Leaf, different from the *Sative*, tho' probably by culture only; and for being very bitter, a little *edulcorated* with *Sugar* and *Vinegar*, is by some eaten in the Summer, and more grateful to the Stomach than the Palate. See *Endive*.

66. Tanfy, *Tanacetum*; hot and cleansing; but in regard of its domineering relish, sparingly mixt with our cold *Sallet*, and much fitter (tho' in very small quantity) for the Pan, being qualified with the Juices of other fresh Herbs, *Spinach*, *Green Corn*, *Violet*, *Primrose-Leaves*, &c. at entrance of the Spring, and then
fried

fried brownish, is eaten hot with the Juice of *Orange* and *Sugar*, as one of the most agreeable of all the boil'd *Herbaceous* Dishes.

67. Tarragon, *Draco Herba*, of *Spanish* Extraction; hot and spicy: The Tops and young Shoots, like those of *Rochet*, never to be secluded our Composition, especially where there is much *Lettuce*. 'Tis highly cordial and friendly to the Head, Heart, Liver, correcting the weakness of the Ventricle, &c.

68. Thistle, *Carduus Mariæ*; our Lady's milky or dappl'd Thistle, disarm'd of its Prickles, is worth esteem: The young Stalk about *May*, being peel'd and soak'd in Water, to extract the bitterness, boil'd or raw, is a very wholesome *Sallet*, eaten with *Oyl*, *Salt*, and *Peper*; some eat them sodden in proper Broath, or bak'd in Pies, like the *Artich oak*; but the tender Stalk boil'd or fry'd, some prefer; both Nourishing and Restorative.

69. Trick-Madame, *Sedum minus*, Stone-Crop; is cooling and moist, grateful to the Stomach. The *Cimate* and Tops, when young and tender, dress'd as *Purselane*, is a frequent Ingredient in our cold *Sallet*.

Turnep,

70. Turnep, *Rapum*; moderately hot and moist: *Napus*; the long *Navet* is certainly the most delicate of them, and best Nourishing. *Pliny* speaks of no fewer than six sorts, and of several Colours; some of which were suspected to be artificially tinged. But with us, the yellow is preferr'd; by others the red *Bohemian*. But of whatever kind, being sown upon the *Hot-bed*, and no bigger than seedling *Radish*, they do excellently in Composition; as do also the Stalks of the common *Turnep*, when first beginning to Bud.

And here should not be forgotten, that wholesome, as well as agreeable sort of *Bread*, we are *taught to make; and of which we have eaten at the greatest Persons Tables, hardly to be distinguish'd from the best of *Wheat*.

Let the *Turneps* first be peel'd, and boil'd in Water till soft and tender; then strongly pressing out the Juice, mix them together, and when dry (beaten or pounded very fine) with their weight of Wheat-Meal, season it as you do other *Bread*, and knead it up; then letting the Dough remain a little to *ferment*, fashion the Paste into Loaves, and bake it like common Bread.

* *Philos. Transact.* Vol. xvii. Num. 205. p. 970.

Some roast *Turneps* in a Paper under the Embers, and eat them with *Sugar* and *Butter*.

71. Vine, *Vitis*, the *Capreols*, *Tendrels*, and *Claspers* (like those of the *Hop*, &c.) whilst very young, have an agreeable *Acid*, which may be eaten alone, or with other *Sallet*.

72. Viper-grafs, *Tragopogon*, *Scorzonera*, *Sal-fifex*, &c. tho' Medicinal, and excellent against the *Palpitation of the Heart*, *Faintings*, *Obstruction of the Bowels*, &c. are besides a very sweet and pleasant *Sallet*; being laid to soak out the bitterness, then peel'd, may be eaten raw, or *Condited*; but best of all stew'd with *Marrow*, *Spice*, *Wine*, &c. as *Artich oak*, *Skirrets*, &c. sliced or whole. They likewise may bake, fry, or boil them; a more excellent Root there is hardly growing.

73. Wood-Sorrel, *Trifolium acetosum*, or *Al-leluja*, of the nature of other *Sorrels*.

To all which might we add fundry more, formerly had in *deliciis*, since grown *obsolete* or quite neglected with us: As among the noblest *Bulbs*, that of the *Tulip*; a Root of which has been valued not to eat, but for the *Flower* (and yet eaten by mistake) at more than an hundred

dred Pounds. The young fresh *Bulbs* are sweet and high of taste.

The *Asphodil* or *Daffodil*; a *Sallet* so rare in *Hesiod's* Days, that *Lobel* thinks it the *Parfnep*, tho' not at all like it; however it was (with the *Mallow*) taken anciently for any *Edule-Root*.

The *Ornithogalons* roasted, as they do *Chestnuts*, are eaten by the *Italians*, the wild yellow especially, with *Oyl*, *Vinegar*, and *Peper*. And so the small *tuberous* Roots of *Gramen Amygdalofum*; which they also roast, and make an *Emulsion* of, to use in Broaths as a great Restorative. The *Oxylapathum*, us'd of old; in the time of *Galen* was eaten frequently. As also *Dracontium*, with the Mordicant *Arum Theophrasti*, which *Dodonæus* teaches how to Dress. Nay, divers of the *Satyrions*, which some condited with *Sugar*, others boil'd in Milk for a great Nourisher, now discarded. But what think we of the *Cicuta*, which there are who reckon among *Sallet* Herbs? But whatever it is in any other Country, 'tis certainly Mortiferous in ours. To these add the *Viola Matronalis*, *Radix Lunaria*, &c. nay, the *Green Poppy*, by most accounted among the deadly Poysons: How cautious then ought our *Sallet-Gatherers* to be, in reading ancient Authors; lest they happen to be impos'd on, where they treat of
Plants,

Plants, that are familiarly eaten in other Countries, and among other Nations and People of more robust and strong constitutions? besides the hazard of being mistaken in the Names of divers *Simples*, not as yet fully agreed upon among the Learned in *Botany*.

There are besides several remaining, which tho' *Abdicated* here with us, find Entertainment still in Foreign Countries: As the large *Heliotrope* and Sun-flower (e're it comes to expand, and shew its golden Face) which being drefs'd as the *Artichoak*, is eaten for a dainty. This I add as a new Discovery. I once made *Macaroons* with the ripe blanch'd Seeds, but the *Turpentine* did so domineer over all, that it did not answer expectation. The *Radix Personata* mounting with their young Heads, *Lyfimachia siliquosa glabra minor*, when fresh and tender, begins to come into the *Sallet-Tribe*. The pale whiter *Popy*, is eaten by the *Genouese*. By the *Spaniards*, the tops of *Wormwood* with Oyl alone, and without so much as *Bread*; profitable indeed to the Stomach, but offensive to the Head; As is also *Coriander* and *Rue*, which *Galen* was accusom'd to eat raw, and by it self, with Oyl and *Salt*, as exceedingly grateful, as well as wholsome, and of great vertue against Infection. *Pliny*, I remember, reports it to be
of

of such effect for the Preservation of *Sight*; that the *Painters* of his Time, us'd to devour a great quantity of it. And it is still by the *Italians* frequently mingled among their *Sallets*. The *Lapatha Personata* (common *Burdock*) comes now and then to the best Tables, about *April*, and when young, before the *Burrs* and *Clots* appear, being strip'd, and the bitterness soaked out, treated as the *Chardoon*, is eaten in *Poiverrade*; Some also boil them. More might here be reckon'd up, but these may suffice; since as we find some are left off, and gone out, so others be introduc'd and come in their room, and that in much greater Plenty and Variety, than was ever known by our Ancestors. The *Cucumber* it self, now so universally eaten, being accounted little better than *Poyson*, even within our Memory, as already noted.

To conclude, and after all that has been said of Plants and *Salleting*, formerly in great esteem, (but since obsolete and quite rejected); What if the exalted Juice of the ancient *Silphium* should come in, and challenge the Precedency? It is a *Plant formerly so highly priz'd, and rare for the richness of its Taste and other

* *Plin.* H. Nat. Lib. xix. cap. 3. & xx. c. 22. See Jo. Tzetzes Chil. vi. 48. & xvii. 119.

Vertues; that as it was dedicated to *Apollo*, and hung up in his Temple at *Delphi*; So we read of one single Root brought to the Emperor *Nero* for an extraordinary Present; and the Drug so esteem'd, that the *Romans* had long before amass'd a quantity of it, and kept it in the Treasury, till *Julius Cæsar* rob'd it, and took this away, as a thing of mighty value: In a word, it was of that Account; that as a sacred Plant, those of the *Cyrenaic Africa*, honour'd the very Figure of it, by stamping it on the Reverse of their *Coin; and when they would commend a thing for its worth to the Skies, Βάτ-ε σίλφιον, grew into a Proverb: *Battus* having been the Founder of the City *Cyrene*, near which it only grew. 'Tis indeed contested among the Learned *Botanosophists*, whether this Plant was not the same with *Laserpitium*, and the Lafer it yields, the odoriferous †*Benzoin*? But doubtless had we the true and genuine *Silphium* (for it appears to have been often sophisticated, and a spurious sort brought into *Italy*) it would soon recover its

* Spanheim, De usu & Praest. Numis. Dissert. 4to. It was sometimes also the Reverse of Jupiter Hammon.

† οὐδ' ἂν εἰδοίης γέ μοι

Τὸν πλεῖστον αὐτὸν καὶ τὸ Βάτ-ε σίλφιον. *Aristoph.* in *Pluto*. Act. iv. Sc. 3.

pristine Reputation, and that it was not celebrated so for nothing extraordinary; since besides its Medicinal Vertue; it was a wonderful Corroborater of the Stomach, a Restorer of lost Appetite, and Masculine Vigour, &c. and that they made use of it almost in every thing they eat.

But should we now really tell the World, that this precious Juice is, by many, thought to be no other than the **Faetid Assa*; our nicer *Sallet-Eaters* (who yet bestow as odious an Epithet on the vulgar *Garlick*) would cry out upon it as intolerable, and perhaps hardly believe it: But as *Aristophanes* has brought it in, and sufficiently describ'd it; so the *Scholiast* upon the place, puts it out of Controversy: And that they made use both of the *Leaves*, *Stalk*, (and *Extract* especially) as we now do *Garlick*, and other *Hautgouts* as nauseous altogether. In the mean time, *Garcius*, *Bontius*, and others, assure us, that the *Indians* at this day universally sauce their Viands with it; and the *Bramin's* (who eat no Flesh at all) enrich their

** Of which some would have it a courser sort inamoeni odoris, as the same Comedian names it in his Equites, p. 239. and 240. Edit. Basil. See likewise this discuss'd, together with its Properties, most copiously, in Jo. Budaeus a Stapul. Comment. in Theophrast. lib. vi. cap. l. and Bauhin. Hist. Plant. lib. xxvii. cap. 53.*

Sallets,

Sallets, by constantly rubbing the Dishes with it. Nor are some of our own skilful *Cooks* Ignorant, how to condite and use it, with the Applause of those, who, ignorant of the Secret, have admir'd the richness of the Gust it has imparted, when it has been substituted instead of all our *Cipollati*, and other seasonings of that Nature.

And thus have we done with the various *Species* of all such *Esculents* as may properly enter the Composition of our *Acetaria*, and cold *Sallet*. And if I have briefly touch'd upon their Natures, Degrees, and *primary Qualities*, which *Intend* or *Remit*, as to the Scale of *Heat*, *Cold*, *Driness*, *Moisture*, &c. (which is to be understood according to the different Texture of their *component Particles*) it has not been without what I thought necessary for the Instruction of the *Gatherer*, and *Sallet-Dresser*; how he ought to choose, sort, and mingle his Materials and Ingredients together.

What Care and Circumspection should attend the choice and collection of *Sallet* Herbs, has been partly shew'd. I can therefore, by no means, approve of that extravagant Fancy of some, who tell us, that a *Fool* is as fit to be the *Gatherer* of a *Sallet* as a *Wiser* Man. Because, say they, one can hardly choose amiss, provided

vided the Plants be green, young, and tender, where-ever they meet with them: But sad experience shews, how many fatal Mistakes have been committed by those who took the deadly *Cicutæ*, *Hemlocks*, *Aconits*, &c. for Garden *Perfley*, and *Parsneps*; the *Myrrhis Sylvestris*, or *Cow-Weed*, for *Chaerophilum*, (*Chervil*) *Thapsia* for *Fennel*; the wild *Chondrilla* for *Succory*; *Dogs-Mercury* instead of *Spinach*: *Papaver Corniculatum Luteum*, and horn'd *Poppy* for *Eringo*; *Oenanthe aquatica* for the *Palustral Apium*, and a world more, whose dire effects have been many times sudden Death, and the cause of Mortal Accidents to those who have eaten of them unwittingly: But supposing some of those wild and unknown Plants should not prove so *deleterious* and **unwholsome*; yet may others of them annoy the *Head*, *Brain*, and *Genus Nervosum*, weaken the *Eyes*, offend the *Stomach*, affect the *Liver*, torment the *Bowels*, and discover their malignity in dangerous and dreadful *Symptoms*. And therefore such *Plants* as are rather *Medicinal* than *Nourishing* and *Refreshing*, are studiously to be rejected. So highly necessary it is, that what we sometimes find in *old Books* concerning *Edules* of other

* Vide *Cardanum* de usu Cibi.

Countries and Climates (frequently call'd by the Names of such as are wholesome in ours, and among us) mislead not the unskilful Gatherer; to prevent which we read of divers *Popes* and *Emperors*, that had sometimes Learned *Physicians* for their *Master-Cooks*. I cannot therefore but exceedingly approve of that charitable Advice of Mr. Ray * (*Transact. Num.* 238.) who thinks it the Interest of Mankind, that all Persons should be caution'd of advent'ring upon unknown Herbs and Plants to their Prejudice: Of such, I say, with our excellent † *Poet* (a little chang'd)

*Happy from such conceal'd, if still do lie,
Of Roots and Herbs the unwholesome Luxury.*

The Illustrious and Learned *Columna* has, by observing what ‡ *Insects* did usually feed on, make Conjectures of the Nature of the Plants. But I should not so readily adventure upon it on that account, as to its wholesomeness: For tho' indeed one may safely eat of a *Peach* or

* Vol. xx.

† Cowley:

Οὐδ' ὅσον ἐν μαλάχῃ τὲ κ- ἀσφοδέλω μέγ' ὄνειαρ
Κρύψαντες γὰρ ἔχουσι θεοὶ Βίον ἀνθρώποισι.

Hesiod.

‡ Concerning this of *Insects*, See Mr. Ray's *Hist. Plant.* li. l. cap. 24.

Abricot,

Abricot, after a *Snail* has been Taster, I question whether it might be so of all other Fruits and Herbs attack'd by other *Insects*: Nor would one conclude, the *Hyoscyamus* harmless, because the *Cimex* feeds upon it, as the Learned Dr. *Lyster* has discover'd. Notice should therefore be taken what *Eggs* of *Insects* are found adhering to the Leaves of *Sallet*-Herbs, and frequently cleave so firmly to them, as not easily to be wash'd off, and so not being taken notice of, passing for accidental and harmless Spots only, may yet produce very ill effects.

Grillus, who according to the Doctrine of *Transmigration* (as *Plutarch* tells us) had, in his turn, been a *Beast*; discourses how much better he fed, and liv'd, than when he was turn'd to *Man* again, as knowing then, what Plants were best and most proper for him: Whilst Men, *Sarcophagists* (Flesh-Eaters) in all this time were yet to seek. And 'tis indeed very evident, that Cattel, and other *πάνφαγα*, and *herbaceous* Animals which feed on Plants, are directed by their Smell, and accordingly make election of their Food: But Men (besides the *Smell* and *Taste*) have, or should have, *Reason*, *Experience*, and the Aids of *Natural Philosophy* to be their Guides in this Matter. We have heard of *Plants*, that (like the *Basilisk*) kill and infect

infect by *looking on them only; and some by the touch. The truth is, there's need of all the Senfes to determine *Analogically* concerning the Vertues and Properties, even of the *Leaves* alone of many *Edule Plants*: The most eminent Principles of near the whole Tribe of *Sallet* Vegetables, inclining rather to *Acid* and *Sowre* than to any other quality, especially, Salt, Sweet, or Luscious. There is therefore Skill and Judgment requir'd, how to suit and mingle our *Sallet*-Ingredients, so as may best agree with the Constitution of the (vulgarly reputed) *Humors* of those who either stand in need of, or affect these Refreshments, and by so adjusting them, that as nothing should be suffer'd to domineer, so should none of them lose their genuine Gust, Savour, or Vertue. To this end,

The Cooler, and moderately refreshing, should be chosen to extinguish Thirst, attemper the Blood, repress Vapours, &c.

The Hot, Dry, Aromatic, Cordial and friendly to the Brain, may be qualify'd by the Cold and Moist: The Bitter and Stomachical, with the *Sub-acid* and gentler Herbs: The *Mordicant*

* *The poyson'd Weeds: I have seen a Man, who was so poyson'd with it, that the Skin peel'd off his Face, and yet he never touch'd it, only looked on it as he pass'd by. Mr. Stafford, Philos. Transact. Vol. III. Num. xl. p. 794.*

and

and pungent, and fuch as repress or difcufs Flatulency (revive the Spirits, and aid Concoction;) with fuch as abate, and take off the keenness, mollify and reconcile the more harsh and churlish: The mild and insipid, animated with *piquant* and brisk: The Astringent and Binders, with fuch as are Laxative and Deobstruct: The over-sluggish, raw, and unactive, with those that are Eupeptic, and promote Concoction: There are *Pectorals* for the Breast and Bowels. Those of middle Nature, according as they appear to be more or less *Specific*; and as their Characters (tho' briefly) are describ'd in our foregoing *Catalogue*: For notwithstanding it seem in general, that raw *Sallets* and *Herbs* have experimentally been found to be the most soveraign Diet in that *Endemial* (and indeed with us, *Epidemical* and almost universal) Contagion the *Scorbute*, to which we of this Nation, and most other *Ilanders* are obnoxious; yet, since the *Nasturtia* are singly, and alone as it were, the most effectual, and powerful Agents in conquering and expugning that cruel Enemy; it were enough to give the *Sallet-Dresser* direction how to choose, mingle, and proportion his Ingredients; as well as to shew what Remedies there are contain'd in our Magazine of *Sallet-Plants* upon all Occasions, rightly marshal'd

marshal'd and skilfully apply'd. So as (with our
*sweet Cowley)

*If thro' the strong and beauteous Fence
Of Temperance and Innocence,
And wholesome Labours, and a quiet Mind,
Diseases passage find;
They must not think here to assail
A Land unarm'd, or without Guard,
They must fight for it, and dispute it hard,
Before they can prevail;
Scarce any Plant is used here,
Which 'gainst some Aile a Weapon does not bear.*

We have said how necessary it is, that in the Composition of a *Sallet*, every Plant should come in to bear its part, without being over-power'd by some Herb of a stronger Taste, so as to endanger the native *Sapor* and vertue of the rest; but fall into their places, like the *Notes* in *Music*, in which there should be nothing harsh or grating: And tho' admitting some *Discords* (to distinguish and illustrate the rest) striking in the more sprightly, and sometimes gentler Notes, reconcile all *Dissonancies*, and melt them into an agreeable Composition. Thus the Comical *Master-Cook*, introduc'd by *Damox-*

* Cowley, *Garden*, Miscel. Stanz. 8.

enus, when asked πῶς ἐσιν αὐτοῖς οὐμονία; *What Harmony there was in Meats?* The very same (says he) that a *Diateffaron*, *Diapente*, and *Diapafon* have one to another in a Confort of Mufic: And that there was as great care requir'd, not to mingle **Sapores minime consentientes*, jarring and repugnant Taftes; looking upon him as a lamentable Ignorant, who fhould be no better vers'd in *Democritus*. The whole Scene is very diverting, as *Athenæus* presents it; and to the fame fenfe *Macrobius*, *Saturn. lib. 1. cap. 1.* In fhort, the main Skill of the Artift lies in this:

*What choice to choofe, for delicacy beft;
What Order fo contriv'd, as not to mix*

* *Sapores minime Consentientes καὶ συμπλεκο-ύας ἐχὼ συμφώνως ἀφάς*: Haec despiciere ingeniofi est artificis: *Neither did the Artift mingle his Provisions without extraordinary Study and Confideration*: Ἀλλὰ μίξας πάντα κατὰ συμφωνίαν. Horum fingulis feorfum affumptis, tu expedito: Sic ego tanquam Oraculo jubeo. ——— Itaque literarum ignarum Coquum, tu cum videris, & qui Democriti fcripta omnia non perlegerit, vel potius, impromptu non habeat, eum deride ut futilem: Ac illum Mercede conducito, qui Epicuri Canonem ufu plane didicerit, &c. *as it follows in the Gaftronomia of Archeftatus*, *Athen. lib. xxiii.* Such another Bragadoccio Cook Horace describes

Nec fibi Coenarum quivis temere arroget artem
Non prius exacta tenui ratione faporem.

Sat. lib. ii. Sat. 4.

Taftes

*Tastes not well join'd, inelegant, but bring
Taste after Taste, upheld by kindest change.*

As our **Paradisian Bard* introduces Eve, dressing of a *Sallet* for her *Angelical Guest*.

Thus, by the discreet choice and mixture of the *Oxoleon* (*Oyl, Vinegar, Salt, &c.*) the Composition is perfect; so as neither the *Prodigal*, *Niggard*, nor *Insipid*, should (according to the *Italian Rule*) prescribe in my Opinion; since *One* may be too profuse, the *Other* †over-saving, and the *Third* (like himself) give it no Relish at all: It may be too *sharp*, if it exceed a grateful *Acid*; too *Insulse* and flat, if the Profusion be extream. From all which it appears, that a *Wise-Man* is the proper Composer of an excellent *Sallet*, and how many *Transcendences* belong to an accomplish'd *Sallet-Dresser*, so as to emerge an exact *Critic* indeed, He should be skill'd in the Degrees, Terms, and various *Species* of Tastes, according to the *Scheme* set us down in the *Tables* of the Learned ‡*Dr. Grew*, to which I refer the Curious.

'Tis moreover to be consider'd, that *Edule*

* *Milton's Paradise Lost.*

——— † *Qui*

*Tingat olus ficcum muria vafer in calice emptâ
Ipse sacrum irrorans piper* ——— *Perf. Sat. vi.*

‡ *Dr. Grew, Lect. vi. c. 2. 3.*

Plants are not in all their Tastes and Vertues alike: For as Providence has made us to consist of different Parts and Members, both Internal and External; so require they different Juices to nourish and supply them: Wherefore the force and activity of some Plants lie in the *Root*; and even the *Leaves* of some *Bitter-Roots* are sweet, and *è contra*. Of others, in the *Stem*, *Leaves*, *Buds*, *Flowers*, &c. Some exert their Vigour without *Decoction*; others being a little press'd or contus'd; others again *Raw*, and best in Confort; some alone, and *per se* without any *σχεваσία*, Preparation, or Mixture at all. Care therefore must be taken by the *Collector*, that what he gathers answer to these Qualities; and that as near as he can, they consist (I speak of the *cruder Salleting*) of the *Oluscula*, and *ex foliis pubescentibus*, or (as *Martial* calls them) *Prototomi rudes*, and very tenderest Parts *Gems*, young *Buds*, and even first Rudiments of their several Plants; such as we sometimes find in the *Crows* of the *Wood-Culver*, *Stock-Dove*, *Partridge*, *Pheasants*, and other Upland Fowl, where we have a natural *Sallet*, pick'd, and almost dress'd to our hands.

I. Preparatory to the Dressing therefore, let your Herby Ingredients be exquisitely cull'd,
and

and cleans'd of all worm-eaten, slimy, canker'd, dry, spotted, or any ways vitiated Leaves. And then that they be rather discreetly sprinkl'd, than over-much sob'd with Spring-Water, especially *Lettuce*; which Dr. **Muffet* thinks impairs their Vertue; but this, I suppose he means of the *Cabbage*-kind, whose heads are sufficiently protected by the outer Leaves which cover it. After washing, let them remain a while in the *Cullender*, to drain the superfluous moisture: And lastly, swing them altogether gently in a clean course Napkin; and so they will be in perfect condition to receive the *Intinctus* following.

II. That the *Oyl*, an Ingredient so indispensibly and highly necessary, as to have obtain'd the name of *Cibarium* (and with us of *Sallet-Oyl*) be very clean, not high-colour'd, nor yellow; but with an Eye rather of a pallid *Olive* green, without Smell, or the least touch of *rancid*, or indeed of any other sensible Taste or Scent at all; but smooth, light, and pleasant upon the Tongue; such as the genuine *Omphacine*, and native *Luca Olives* afford, fit to allay the tartness of *Vinegar*, and other *Acids*, yet

* *Muffet*, de *Diaeta*, c. 23.

gently

gently to warm and humectate where it passes. Some who have an aversion to *Oyl*, substitute fresh *Butter* in its stead; but 'tis so exceedingly clogging to the Stomach, as by no means to be allow'd.

III. *Thirdly*, That the *Vinegar* and other liquid *Acids*, perfectly clear, neither fowre, *Vapid* or spent; be of the best Wine Vinegar, whether Distill'd, or otherwise *Aromatiz'd*, and impregnated with the Infusion of *Clove-gilly-flowers*, *Elder*, *Roses*, *Rosemary*, *Nasturtium*, &c. inrich'd with the Vertues of the Plant.

A *Verjuice* not unfit for *Sallet*, is made by a *Grape* of that Name, or the green immature Clusters of most other Grapes, press'd and put into a small Vessel to ferment.

IV. *Fourthly*, That the *Salt* (*aliorum Condimentorum Condimentum*, as *Plutarch* calls it) deterfive, penetrating, quickning (and so great a resister of Putrefaction, and universal use, as to have sometimes merited Divine Epithets) be of the brightest *Bay grey-Salt*; moderately dried, and *contus'd*, as being the least Corrosive: But of this, as of *Sugar* also, which some mingle with the *Salt* (as warming without heating) if perfectly

perfectly refin'd, there would be no great difficulty; provided none, save Ladies, were of the Mefs; whilst the perfection of *Sallets*, and that which gives them the name, consists in the grateful *Saline Acid*-point, temper'd as is directed, and which we find to be most esteem'd by judicious Palates: Some, in the mean time, have been so nice, and luxuriously curious as for the heightning, and (as they affect to speak) giving the utmost *poinant* and *Relevée* in lieu of our vulgar *Salt*, to recommend and cry-up the *Essential-Salts* and *Spirits* of the most Sanative Vegetables; or such of the *Alcalizate* and *Fixt*; extracted from the *Calcination* of *Baulm*, *Rosemary*, *Wormwood*, *Scurvy-grass*, &c. Affirming that without the gross Plant, we might have healing, cooling, generous, and refreshing *Cordials*, and all the *Materia Medica* out of the *Salt-Cellar* only: But to say no more of this Impertinence, as to *Salts* of *Vegetables*; many indeed there be, who reckon them not much unlike in Operation, however different in *Taste*, *Crystals*, and *Figure*: It being a question, whether they at all retain the Vertues and Faculties of their *Simples*, unless they could be made without *Colcination*. *Franciscus Redi*, gives us his Opinion of this, in a *Process* how they are to be prepar'd; and so does our
Learned

Learned *Doctor (whom we lately nam'd) whether *Lixivial*, *Essential*, *Marine*, or other factitious *Salts* of Plants, with their Qualities, and how they differ: But since 'tis thought all *Fixed Salts* made the *common way*, are little better than our *common Salt*, let it suffice, that our *Sallet-Salt* be of the best ordinary *Bay-Salt*, clean, bright, dry, and without claminess.

Of *Sugar* (by some call'd *Indian-Salt*) as it is rarely us'd in *Sallet*, it should be of the best refined, white, hard, close, yet light and sweet as the *Madera's*: Nourishing, preserving, cleansing, delighting the Taste, and preferable to *Honey* for most uses. *Note*, That both *this, Salt*, and *Vinegar*, are to be proportion'd to the Constitution, as well as what is said of the Plants themselves. The one for cold, the other for hot stomachs.

V. That the *Mustard* (another noble Ingredient) be of the best *Tewksberry*; or else compos'd of the foundest and weightiest *Yorkshire Seed*, exquisitely sifted, winnow'd, and freed from the Husks, a little (not over-much) dry'd by the Fire, temper'd to the consistence of a

* Dr. Grew, *Annat. Plant.* Lib. I. Sect. iv. cap. I, &c. See also, *Transact. Num.* 107. *Vol.* ix.

Pap with *Vinegar*, in which shavings of the *Horfe-Radish* have been steep'd: Then cutting an *Onion*, and putting it into a small Earthen *Gally-Pot*, or some thick *Glass* of that shape; pour the *Mustard* over it, and close it very well with a *Cork*. There be, who preserve the Flower and Dust of the bruised Seed in a well-stopp'd *Glass*, to temper, and have it fresh when they please. But what is yet by some esteem'd beyond all these, is compos'd of the dried Seeds of the *Indian Nasturtium*, reduc'd to Powder, finely bolted, and mixt with a little *Levain*, and so from time to time made fresh, as indeed all other *Mustard* should be.

Note, That the Seeds are pounded in a Mortar; or bruis'd with a polish'd *Cannon-Bullet*, in a large wooden Bowl-Dish, or which is most prefer'd, ground in a *Quern* contriv'd for this purpose only.

VI. *Sixthly*, That the *Pepper* (white or black) be not bruis'd to too small a Dust; which, as we caution'd, is very prejudicial. And here let me mention the *Root* of the *Minor Pimpinella*, or small *Burnet Saxifrage*; which being dried, is by some extoll'd beyond all other *Peppers*, and more wholsom.

Of other *Strewings* and *Aromatizers*, which
may

may likewise be admitted to enrich our *Sallet*, we have already spoken, where we mention *Orange* and *Limon-peel*; to which may also be added, *Jamaica-Pepper*, *Juniper-berries*, &c. as of singular Vertue.

Nor here should I omit (the mentioning at least of) *Saffron*, which the *German* Housewives have a way of forming into Balls, by mingling it with a little *Honey*; which thoroughly dried, they reduce to Powder, and sprinkle it over their *Sallets* for a noble *Cordial*. Those of *Spain* and *Italy*, we know, generally make use of this Flower, mingling its golden Tincture with almost every thing they eat; But its being so apt to prevail above every thing with which 'tis blended, we little encourage its admittance into our *Sallet*.

VII. Seventhly, That there be the Yolks of fresh and new-laid *Eggs*, boil'd moderately hard, to be mingl'd and mash'd with the *Mustard*, *Oyl*, and *Vinegar*; and part to cut into quarters, and eat with the Herbs.

VIII. Eighthly, (according to the supercurious) that the *Knife*, with which the *Sallet Herbs* are cut (especially *Oranges*, *Lemons*, &c.) be of *Silver*, and by no means of *Steel*, which
all

all *Acids* are apt to corrode, and retain a Metallic relish of.

IX. *Ninthly* and *Lastly*, That the *Saladiere*, (*Sallet-Dishes*) be of *Porcelane*, or of the *Holland-Delft-Ware*; neither too deep nor shallow, according to the quantity of the *Sallet* Ingredients; *Pewter*, or even *Silver*, not at all so well agreeing with *Oyl* and *Vinegar*, which leave their several Tinctures. And note, That there ought to be one of the *Dishes*, in which to beat and mingle the Liquid *Vehicles*; and a second to receive the crude Herbs in, upon which they are to be pour'd; and then with a Fork and a Spoon kept continually stirr'd, 'till all the Furniture be equally moisten'd: Some, who are husbands of their *Oyl*, pour at first the *Oyl* alone, as more apt to communicate and diffuse its Slipperiness, than when it is mingled and beaten with the *Acids*; which they pour on last of all; and 'tis incredible how small a quantity of *Oyl* (in this quality, like the gilding of *Wyer*) is sufficient, to imbue a very plentiful assembly of *Sallet-Herbs*.

The *Sallet-Gatherer* likewise should be provided with a light, and neatly made *Withy-Dutch-Basket*, divided into several Partitions.

Thus instructed and knowing in the *Apparatus*;

atus; the *Species*, *Proportions*, and manner of *Dressing*, according to the several Seasons you have in the following Table.

It being one of the Inquiries of the Noble *Mr. Boyle, what *Herbs* were proper and fit to make *Sallets* with, and how best to order them? we have here (by the Assistance of Mr. London, His Majesty's Principal Gard'ner) reduc'd them to a competent Number, not exceeding *Thirty Five*; but which may be vary'd and enlarg'd, by taking in, or leaving out, any other *Sallet-Plant*, mention'd in the foregoing List, under these three or four Heads.

But all these sorts are not to be had at the very same time, and therefore we have divided them into the *Quarterly Seasons*, each containing and lasting Three Months.

Note, That by *Parts* is to be understood a *Pugil*; which is no more than one does usually take up between the Thumb and the two next Fingers. By *Fascicule* a reasonable full Grip, or Handful.

* *Philosoph. Transact.* Vol. III. Num. xl. p. 799.

		Species.	Ordering and Culture.	Month.	Order. and Cult.	Species.	Proportion.	Month.	Order. and Cult.	Species	Proportion.					
IX. Blanch'd.		1. Endive,	Tied-up to Blanch.	January,	Blanch'd as before	Rampions,	{ 10 }	and	Note, That the young Seedling Leaves of Orange and Lemon may all these Months be mingled with the Sallet.	Onions, young.	Six parts.					
		2. Cichory,	Earth'd-up.			Endive,	{ 2 }			Sage-tops, the Red,	Two parts.					
		3. Sallery,				Succory,	{ 5 }			Peas,	Of each One part.					
		4. Sweet-Fennel,				Fennel, sweet.	{ 10 }			Cress, the Indian,						
		5. Rampions,				Sellery,	{ 4 }			Lettuce, Belgrade,						
	XXVI. Green Unblanch'd.	6. Roman	Tied-up to Blanch.	February	Green and Unblanch'd	Lamb-Lettuce,	A pugil of each.	June.		Trip-Madame,	Two parts.					
		7. Cress	Tied close up.			Radish,	Three parts each.			Chervil, sweet.						
		8. Silesian				Cress,				Burnet,	One whole Lettuce.					
		9. Cabbage	Pome and Blanch of themselves.			Turneps,	Of each One part.		July,	Blanch'd, and may be eaten by themselves with some Nasturtium-Flowers.						
		10. Lob-Lettuce,				Mustard Seedlings,				Roman Lettuce,	Two parts.					
		11. Corn-Sallet,	Leaves, all of a midling size.	and	Green and Unblanch'd	Scurvy-grass,	Two parts.	August,		Cress,	Four parts.					
		12. Purslane,				Spinach,				Cress,	Two parts.					
		13. Cresser broad,	Seed-Leaves, and the next to them.			Sorrel, Greenland,	One part of each.			Nasturtium,	One part.					
		14. Spinach, curled,				Sorrel, French,				Purslane,						
		15. Sorrel, French,	The fine young Leaves only, with the first Shoots.			Chervil, sweet,	Twenty large Leaves.	September		Green Herbs by themselves or mingled with the Blanch'd.	Two parts.					
		16. Sorrel, Greenland,				Burnet,				Lap-Lettuce,	One part.					
		17. Radish,	Only the tender young Leaves.	March.		Rocket,	One small part of each.			Belgrade, or Crum-pen-Lettuce.						
		18. Cresser,				Tarragon,	and	Tarragon,	Two parts of each.							
		19. Turnep,	The Seed-Leaves only.			Balm,		Very few.			Sorrel, French,					
		20. Mustard,				Mint,		October,		Burnet,	One part.					
		21. Scurvy-grass,	The young Leaves immediately after the Seedlings.			Sampier,				Two pugils or small handfuls.			Trip-Madame,			
		22. Chervil,				Shalots,		November,		Blanch'd	An handful of each.					
		23. Burnet,	The tender Shoots and Tops.	April,	Blanch'd	Lop				Of each a pugil.			Lap-Lettuce,			
		24. Rocket, Spanish,				Silesian Winter		and		Lamb-Lettuce,	Two parts.					
		25. Peas,	The young tender Leaves and Shoots.			Roman Winter				Three parts.			Radish,			
		26. Tarragon,				Radish,							Cress,	One part of each.		
		27. Mint,	The tender young Leaves.			Cress,				Two parts.			Turneps,			
		28. Sampier,				Purslane,		December.		Mustard Seedlings,	Two parts of each.					
		29. Balm,	The Flowers and Bud-Flowers.	May,	Green Herbs Unblanch'd.	Sorrel, French,				One part.			Cress, broad,			
		30. Sage, Red,				Sampier,							Spinach,			
		31. Shalots,	The Seed-Leaves and young Tops.													
		32. Giver and Onion,														
		33. Nasturtium, Indian														
		34. Rampion, Belgrade,														
		35. Trip-Madame,														

*Farther Directions concerning the
proper Seasons for the Gathering,
Composing, and Dressing of a
Sallet.*

AND *First*, as to the *Season* both *Plants* and *Roots* are then properly to be *Gather'd*, and in prime, when most they abound with Juice and in Vigour: Some in the *Spring*, or a little anticipating it before they Blossom, or are in full Flower: Some in the *Autumnal* Months; which later Season many prefer, the Sap of the Herb, tho' not in such exuberance, yet as being then better concocted, and so render'd fit for *Salleting*, 'till the Spring begins a fresh to put forth new, and tender Shoots and Leaves.

This, indeed, as to the *Root*, newly taken out of the Ground is true; and therefore should such have their *Germination* stopt the sooner: The approaching and prevailing Cold, both Maturing and Impregnating them; as does Heat the contrary, which now would but exhaust them: But for those other *Esculents* and Herbs imploy'd in our *Composition* of *Sallets*,
the

the early *Spring*, and ensuing Months (till they begin to mount, and prepare to *Seed*) is certainly the most natural, and kindly Season to collect and accommodate them for the Table. Let none then consult *Culpeper*, or the *Figure-flingers*, to inform them when the governing *Planet* is in its *Exaltation*; but look upon the *Plants* themselves, and judge of their Vertues by their own Complexions.

Moreover, in *Gathering*, Respect is to be had to their Proportions, as provided for in the *Table* under that Head, be the Quality whatsoever: For tho' there is indeed nothing more wholesome than *Lettuce* and *Mustard* for the *Head* and *Eyes*; yet either of them eaten in excess, were highly prejudicial to them both: Too much of the *first* extreamly debilitating and weakning the *Ventricle*, and hastning the further decay of sickly *Teeth*; and of the *second* the *Optic Nerves*, and *Sight* it self; the like may be said of all the rest. I conceive therefore, a Prudent Person, well acquainted with the Nature and Properties of *Sallet-Herbs*, &c. to be both the fittest *Gatherer* and *Composer* too; which yet will require no great Cunning, after once he is acquainted with our *Table* and *Catalogue*.

We purposely, and *in transitu* only, take notice here of the Pickl'd, *Muriated*, or otherwise prepared

prepared Herbs; excepting some such Plants, and Proportions of them, as are of hard digestion, and not fit to be eaten altogether *Crude*, (of which in the *Appendix*) and among which I reckon *Asb-keys*, *Broom-buds* and *Pods*, *Haricots*, *Gurkems*, *Olives*, *Capers*, the Buds and Seeds of *Nasturtia*, *Young Wall-nuts*, *Pine-apples*, *Eringo*, *Cherries*, *Cornelians*, *Berberries*, &c. together with several Stalks, Roots, and Fruits; Ordinary Pot-herbs, *Anis*, *Cistus Hortorum*, *Horminum*, *Pulegium*, *Satureia*, *Thyme*; the intire Family of Pulse and *Legumena*; or other *Sauces*, *Pies*, *Tarts*, *Omlets*, *Tansie*, *Farces*, &c. *Condites* and Preserves with Sugar by the Hand of Ladies; tho' they are all of them the genuine Production of the Garden, and mention'd in our *Kalendar*, together with their Culture; whilst we confine our selves to such Plants and *Esculenta* as we find at hand; delight our selves to gather, and are easily prepar'd for an *Extemporary Collation*, or to Usher in, and Accompany other (more Solid, tho' haply not more Agreeable) Dishes, as the Custom is.

But there now starts up a Question, Whether it were better, or more proper, to *Begin* with *Sallets*, or End and Conclude with them? Some think the harder Meats should first be eaten for
better

better Concoction; others, those of easiest Digestion, to make way, and prevent Obstruction; and this makes for our *Sallets*, *Horarii*, and *Fugaces Fructus* (as they call 'em) to be eaten first of all, as agreeable to the general Opinion of the great *Hippocrates*, and *Galen*, and of *Celsus* before him. And therefore the *French* do well, to begin with their *Herbaceous Pottage*, and for the *Cruder*, a Reason is given:

**Prima tibi dabitur Ventri Lactuca movendo
Utilis, & Poris fila resecta suis.*

And tho' this Custom came in about Domitian's time†, ὁ μὲν ἀρχαῖοι, they anciently did quite the contrary,

‡*Gratâque nobilium Lactuca ciborum.*

But of later Times, they were constant at the *Ante-cænia*, eating plentifully of *Sallet*, especially of *Lettuce*, and more refrigerating Herbs. Nor without Cause: For drinking liberally they were found to expell, and allay the Fumes and Vapors of the *genial Computation*, the spiritu-

* Mart. *Epig.* lib. xi. 39.

† Athen. l. 2. *Of which Change of Diet see* Plut. iv. *Sympos.*

9. Plinii *Epist.* i. *ad Eretrium.*

‡ Virg. *Moreto.*

ous Liquor gently conciliating Sleep: Besides, that being of a crude nature, more dispos'd, and apt to fluctuate, corrupt, and disturb a furcharg'd Stomach; they thought convenient to begin with *Sallets*, and innovate the ancient Usage.

*—— *Nam Lactuca innatat acri*
Post Vinum Stomacho ——

For if on drinking Wine you Lettuce eat,
It floats upon the Stomach ——

The *Spaniards*, notwithstanding, eat but sparingly of Herbs at Dinner, especially *Lettuce*, beginning with *Fruit*, even before the *Olio* and Hot-Meats come to the Table; drinking their Wine pure, and eating the best Bread in the World; so as it seems the Question still remains undecided with them,

†*Claudere quae cœnas Lactuca solebat avorum*
Dic mihi cur nostras inchoat illa dapes?

The *Sallet*, which of old came in at last,
Why now with it begin we our Repast?

* Hor. Sat. 1. 2. Sat. 4.

† Mart. Ep. l. v. Ep. 17.

And now since we mention'd *Fruit*, there rises another Scruple: Whether *Apples*, *Pears*, *Abricots*, *Cherries*, *Plums*, and other Tree, and *Ort-yard-Fruit*, are to be reckon'd among *Sal-leting*; and when likewise most seasonably to be eaten? But as none of these do properly belong to our *Catalogue of Herbs and Plants*, to which this Discourse is confin'd (besides what we may occasionally speak of hereafter) there is a very useful *Treatise on that Subject already publish'd. We hasten then in the next place to the *Dressing*, and *Composing* of our Sallet: For by this time, our Scholar may long to see the *Rules* reduc'd to *Practice*, and Refresh himself with what he finds growing among his own *Lactuceta* and other Beds of the *Kitchen-Garden*.

* Concerning the Use of Fruit (besides many others) whether best to be eaten before, or after Meals? Published by a Physician of Rochel, and render'd out of French into English. Printed by T. Basset in Fleetstreet.

DRESSING

I AM not ambitious of being thought an excellent *Cook*, or of those who set up, and value themselves, for their skill in *Sauces*; such as was *Mithacus* a *Culinary Philosopher*, and other *Eruditæ Gulæ*; who read Lectures of *Hautgouts*, like the *Archestratus* in *Athenæus*: Tho' after what we find the *Heroes* did of old, and see them chining out the slaughter'd Ox, dressing the Meat, and do the Offices of both *Cook* and *Butcher*, (for so **Homer* represents *Achilles* himself, and the rest of those Illustrious *Greeks*) I say, after this, let none reproach our *Sallet-Dresser*, or disdain so clean, innocent, sweet, and Natural a Quality; compar'd with the Shambles Filth and *Nidor*, Blood and Cruelty; whilst all the World were *Eaters*, and *Composers* of *Sallets* in its best and brightest Age.

The Ingredients therefore gather'd and proportion'd, as above; Let the *Endive* have all its out-side Leaves stripped off, slicing *in* the White: In like manner the *Sellery* is also to

* Achilles, Patroclus, Automedon. *Iliad. ix. & alibi.*

have

have the hollow green Stem or Stalk trimm'd and divided; slicing-in the blanched Part, and cutting the Root into four equal Parts.

Lettuce, Greffes, Radish, &c. (as was directed) must be exquisitely pick'd, cleans'd, wash'd, and put into the Strainer; swing'd, and shaken gently, and, if you please, separately, or all together; Because some like not so well the *Blanch'd* and Bitter Herbs, if eaten with the rest: Others mingle *Endive, Succory, and Rampions*, without distinction, and generally eat *Sellery* by it self, as also *Sweet Fennel*.

From *April* till *September* (and during all the Hot Months) may *Guinny-Pepper*, and *Horse-Radish* be left out; and therefore we only mention them in the Dressing, which should be in this manner.

Your *Herbs* being handsomely parcell'd, and spread on a clean Napkin before you, are to be mingl'd together in one of the Earthen glaz'd Dishes: Then, for the *Oxoleon*; Take of clear, and perfectly good *Oyl-Olive*, three Parts; of sharpest *Vinegar* (*sweetest of all *Condiments*) *Limon*, or Juice of *Orange*, one Part; and therein let steep some Slices of *Horse-Radish*, with a

* For so some pronounce it, V. *Athenaeum* Deip. Lib. II. Cap. 26 ἡδ- quasi ἡδύσμα, perhaps for that it incites Appetite, and causes Hunger, which is the best Sauce.

little *Salt*; Some in a separate *Vinegar*, gently bruise a *Pod* of *Guinny-Pepper*, straining both the *Vinegars* apart, to make Use of Either, or One alone, or of both, as they best like; then add as much *Tewkesbury*, or other dry *Mustard* grated, as will lie upon an Half-Crown Piece: Beat, and mingle all these very well together; but pour not on the *Oyl* and *Vinegar*, 'till immediately before the *Sallet* is ready to be eaten: And then with the *Yolk* of two new-laid *Eggs* (boyl'd and prepar'd, as before is taught) squash, and bruise them all into mash with a Spoon; and lastly, pour it all upon the *Herbs*, stirring, and mingling them 'till they are well and throughly imbib'd; not forgetting the Sprinklings of *Aromatics*, and such Flowers, as we have already mentioned, if you think fit, and garnishing the Dish with the thin Slices of *Horse-Radish*, *Red Beet*, *Berberries*, &c.

Note, That the *Liquids* may be made more, or less *Acid*, as is most agreeable to your Taste.

These *Rules*, and *Prescriptions* duly *Observ'd*; you have a *Sallet* (for a Table of Six or Eight Persons) *Dress'd*, and Accommodated *secundum Artem*: For, as the *Proverb has it,

* Cratinus in Glauco,

’Ου παντὸς ἀνδρός ἔστιν ἀρτῦσαι καλῶς.

Non est cujusvis rectè condire.

AND now after all we have advanc’d in favour of the *Herbaceous* Diet, there still emerges a third Inquiry; namely, Whether the Use of *Crude Herbs* and *Plants* are so wholesom as is pretended?

What Opinion the Prince of Physicians had of them, we shall see hereafter; as also what the Sacred Records of elder Times seem to infer, before there were any Flesh-Shambles in the World; together with the Reports of such as are often conversant among many Nations and People, who to this Day, living on *Herbs* and *Roots*, arrive to incredible Age, in constant Health and Vigour: Which, whether attributable to the *Air* and *Climate*, *Custom*, *Constitution*, &c. should be inquir’d into; especially, when we compare the *Antediluvians* mention’d *Gen. 1. 29*—the whole *Fifth* and *Ninth* Chapters, *ver. 3.* confining them to *Fruit* and wholesom Sallets: I deny not that both the *Air* and *Earth* might then be less humid and clammy, and consequently Plants, and Herbs better fermented, concocted, and less Rheumatick, than since, and presently after; to say nothing of the infinite Numbers of putrid Carcasses of Dead Animals,

Animals, perishing in the Flood, (of which I find few, if any, have taken notice) which needs must have corrupted the Air: Those who live in Marshes, and Uliginous Places (like the Hundreds of *Effex*) being more obnoxious to *Fevers*, *Agues*, *Pleurisies*, and generally unhealthful: The Earth also then a very Bog, compar'd with what it likely was before that destructive *Cataclysm*, when Men breath'd the pure *Paradisian* Air, sucking in a more *æthereal*, nourishing, and baulmy *Pabulum*, so foully vitiated now, thro' the Intemperance, Luxury, and softer Education and Effeminacy of the Ages since.

Custom, and *Constitution* come next to be examin'd, together with the Qualities, and *Vertue* of the Food; and I confess, the two first, especially that of *Constitution*, seems to me the more likely Cause of Health, and consequently of Long-life; which induc'd me to consider of what Quality the usual *Sallet* Furniture did more eminently consist, that so it might become more safely applicable to the Temper, Humour, and Disposition of our Bodies; according to which, the various Mixtures might be regulated and proportion'd: There's no doubt, but those whose Constitutions are Cold and Moist, are naturally affected with Things which are Hot and Dry; as on the contrary, Hot, and
Dry

Dry Complexions, with such as cool and refrigerate; which perhaps made the *Junior Gordian* (and others like him) prefer the *frigida Mensæ* (as of old they call'd *Sallets*) which, according to *Cornelius Celsus*, is the fittest Diet for *Obese* and *Corpulent Persons*, as not so Nutritive, and apt to Pamper: And consequently, that for the Cold, Lean, and Emaciated; such Herby Ingredients should be made choice of, as warm, and cherish the Natural Heat, depure the Blood, breed a laudable Juice, and revive the Spirits: And therefore my Lord **Bacon* shews what are best Raw, what Boil'd, and what Parts of Plants fittest to nourish. *Galen* indeed seems to exclude them all, unless well accompanied with their due Correctives, of which we have taken care: Notwithstanding yet, that even the most *Crude* and *Herby*, actually Cold and Weak, may potentially be Hot, and Strengthening, as we find in the most vigorous Animals, whose Food is only Grass. 'Tis true indeed, Nature has providentially mingl'd, and dress'd a *Sallet* for them in every field, besides what they distinguish by Smell; nor ques-

* Nat. Hist. IV. Cent. VII. 130. Se Arist. Prob. Sect. xx. Quæst. 36. *Why some Fruits and Plants are best raw, others boil'd, roasted, &c, as becoming sweeter; but the Crude more sapid and grateful.*

tion I, but Man at first knew what Plants and Fruits were good, before the Fall, by his Natural Sagacity, and not Experience; which since by Art, and Trial, and long Observation of their Properties and Effects, they hardly recover: But in all Events, supposing with **Cardan*, that Plants nourish little, they hurt as little. Nay, Experience tells us, that they not only hurt not at all, but exceedingly benefit those who use them; indu'd as they are with such admirable Properties as they every day discover: For some Plants not only nourish laudably, but induce a manifest and wholesom Change; as *Onions*, *Garlick*, *Rochet*, &c. which are both nutritive and warm; *Lettuce*, *Purselan*, the *Intybs*, &c. and indeed most of the *Olera*, refresh and cool: And as their respective Juices being converted into the Substances of our Bodies, they become *Aliment*; so in regard of their Change and Alteration, we may allow them *Medicinal*; especially the greater Numbers, among which we all this while have skill but of very few (not only in the Vegetable Kingdom, but in the whole *Materia Medica*) which may be justly call'd *Infallible Specifics*,

* *Card. Contradicent. Med. l. iv. Cant. 18. Diphilus not at all. Athenaeus.*

and

and upon whose Performance we may as safely depend, as we may on such as familiarly we use for a Crude *Herb-Sallet*; discreetly chosen, mingl'd, and drefs'd accordingly: Not but that many of them may be improv'd, and render'd better in Broths, and Decoctions, than in *Oyl*, *Vinegar*, and other Liquids and Ingredients: But as this holds not in all, nay, perhaps in few comparatively, (provided, as I said, the Choice, Mixture, Constitution, and *Season* rightly be understood) we stand up in Defence and Vindication of our *Sallet*, against all Attacks and Opposers whoever.

We have mentioned *Season* and with the great *Hippocrates*, pronounce them more proper for the Summer, than the Winter; and when those Parts of Plants us'd in *Sallet* are yet tender, delicate, and impregnated with the Vertue of the Spring, to cool, refresh, and allay the Heat and Drought of the Hot and *Bilious*, Young and over-*Sanguine*, Cold, *Pituit*, and Melancholy; in a word, for Persons of all Ages, Humours, and Constitutions whatsoever.

To this of the *Annual Seasons*, we add that of *Culture* also, as of very great Importance: And this is often discover'd in the taste and consequently in the Goodness of such Plants and *Salleting*, as are Rais'd and brought us
fresh

fresh out of the Country, compar'd with those which the Avarice of the *Gardiner*, or Luxury rather of the Age, tempts them to force and *Refuscitate* of the most desirable and delicious Plants.

It is certain, says a *Learned Person, that about populous Cities, where Grounds are over-forc'd for Fruit and early *Salleting*, nothing is more unwholsom: Men in the Country look so much more healthy and fresh; and commonly are longer liv'd than those who dwell in the Middle and Skirts of vast and crowded Cities, environ'd with rotten Dung, loathsome and common Lay Stalls; whose noisome Steams, wafted by the Wind, poison and infect the ambient Air and vital Spirits, with those pernicious Exhalations, and Materials of which they make the *Hot Beds* for the raising those *Præcoces* indeed, and forward Plants and Roots for the wanton Palate; but which being corrupt in the Original, cannot but produce malignant and ill Effects to those who feed upon them. And the same was well observ'd by the *Editor* of our famous *Roger Bacon's* Treatise concerning the *Cure of Old Age*, and *Preservation of Youth*: There being nothing so proper for

* Sir Tho. Brown's *Miscel.*

Sallet Herbs and other *Edule Plants*, as the Genial and Natural Mould, impregnate, and enrich'd with well-digested Compost (when requisite) without any Mixture of Garbage, odious Carrion, and other filthy Ordure, not half consum'd and ventilated and indeed reduc'd to the next Disposition of Earth it self, as it should be; and that in Sweet, *Rising, Aery and moderately Perflatile Grounds; where not only *Plants* but *Men* do last, and live much longer. Nor doubt I, but that every body would prefer Corn, and other Grain rais'd from *Marle, Chalk, Lime*, and other sweet Soil and Amendments, before that which is produc'd from the *Dunghil* only. Beside, Experience shews, that the Rankness of *Dung* is frequently the Cause of Blasts and Smuttiness; as if the *Lord* of the *Universe*, by an Act of visible Providence would check us, to take heed of all unnatural Sordidness and Mixtures. We sensibly find this Difference in Cattle and their Pasture; but most powerfully in *Fowl*, from such as are nourish'd with Corn, sweet and dry Food: And as of Vegetable *Meats*, so of *Drinks*, 'tis observ'd, that the same Vine, according to the

* *Caule suburbano qui ficcis crevit in agris Dulcior*, ———
 ——— Hor. *Sat.* l. 2. §4.

Soil, produces a *Wine* twice as heady as in the fame, and a less forc'd Ground; and the like I believe of all other Fruit, not to determine any thing of the *Peach* said to be Poison in *Persia*; because 'tis a *Vulgar Error*.

Now, because among other things, nothing more betrays its unclean and spurious Birth than what is so impatiently longed after as *Early Asparagus*, &c. **Dr. Lister*, (according to his communicative and obliging Nature) has taught us how to raise such as our *Gardeners* cover with nasty Litter, during the Winter; by rather laying of Clean and Sweet *Wheat-Straw* upon the Beds, *super-seminating* and overflowing them thick with the Powder of bruised *Oyster-Shells*, &c. to produce that most tender and delicious *Sallet*. In the mean while, if nothing will satisfy save what is rais'd *Ex tempore*, and by Miracles of Art so long before the time; let them study (like the *Adepti*) as did a very ingenious Gentleman whom I knew; That having some Friends of his accidentally come to Dine with him, and wanting an early Sallet, Before they fate down to Table, sowed *Lettuce* and some other Seeds in a certain Composition of Mould he had prepared; which within the

* *Transact. Philos. Num.* xxv.

space of two Hours, being risen near two Inches high, presented them with a delicate and tender *Sallet*; and this, without making use of any nauseous or fulsome Mixture; but of Ingredients not altogether so cheap perhaps. *Honoratus Faber* (no mean *Philosopher*) shews us another Method by sowing the Seeds steep'd in *Vinegar*, casting on it a good quantity of *Bean-Shell* Ashes, irrigating them with *Spirit of Wine*, and keeping the Beds well cover'd under dry Matts. Such another Process for the raising early *Peas* and *Beans*, &c. we have the like *Accounts of: But were they practicable and certain, I confess I should not be fonder of them, than of such as the honest industrious Country-man's Field, and Good Wife's Garden seasonably produce; where they are legitimately born in just time, and without forcing Nature.

But to return again to *Health* and *Long Life*, and the Wholesomeness of the Herby-Diet, †*John Beverovicus*, a Learn'd Physician (out of *Peter Moxa*, a *Spaniard*) treating of the extream Age, which those of *America* usually arrive to, asserts in behalf of Crude and Natural Herbs: *Diphilus* of old, as ‡*Athenæus* tells

* *Num.* xviii.

† *Thesaur. Sanit.* c. 2.

‡ *As Delcampius interprets the Place.*

us, was on the other side, against all the Tribe of *Olera* in general; and *Cardan* of late (as already noted) no great Friend to them; Affirming Flesh-Eaters to be much wiser and more sagacious. But this his *Learned Antagonist utterly denies; Whole Nations, Flesh-Devourers (such as the farthest *Northern*) becoming Heavy, Dull, Unactive, and much more Stupid than the *Southern*; and such as feed much on Plants, are more Acute, Subtil, and of deeper Penetration: Witness the *Chaldæans*, *Assyrians*, *Ægyptians*, &c. And further argues from the short Lives of most *Carnivorous* Animals, compared with Grass Feeders, and the Ruminating kind; as the *Hart*, *Camel*, and the longævous *Elephant*, and other Feeders on Roots and Vegetables.

I know what is pretended of our Bodies being composed of *Diffimilar* Parts, and so requiring Variety of Food: Nor do I reject the Opinion, keeping to the same *Species*; of which there is infinitely more Variety in the *Herby* Family, than in all Nature besides: But the Danger is in the *Generical* Difference of *Flesh*, *Fish*, *Fruit*, &c. with other made Dishes and exotic Sauces; which a wanton and expensive

* Scaliger ad Card. Exercit. 213.

Luxury has introduc'd; debauching the Stomach, and sharpening it to devour things of such difficult Concoction, with those of more easie Digestion, and of contrary Substances, more than it can well dispose of: Otherwise Food of the same kind would do us little hurt: So true is that of **Celsus*, *Eduntur facilius; ad concoctionem autem materiæ, genus, & modus pertineat*. They are (says he) easily eaten and taken in: But regard should be had to their Digestion, Nature, Quantity and Quality of the Matter. As to that of *Diffimilar* Parts, requiring this contended for Variety: If we may judge by other Animals (as I know not why we may not) there is (after all the late Contests about *Comparative Anatomy*) so little Difference in the Structure, as to the Use of those Parts and Vessels destin'd to serve the Offices of Concoction, Nutrition, and other Separations for Supply of Life, &c. That it does not appear why there should need any Difference at all of Food; of which the most simple has ever been esteem'd the best, and most wholesome; according to that of the †*Naturalist*, *Hominis cibus utilissimus simplex*. And that so it is in other

* *Cel. Lib. Cap. 4.*

† *Plin. Nat. Hist. l. 3. c. 12.*

Animals, we find by their being so seldom afflicted with Mens Distempers, deriv'd from the Causes above-mentioned: And if the many Diseases of *Horses* seem to *contradict it, I am apt to think it much imputable to the Rack and Manger, the dry and wither'd Stable Commons, which they must eat or starve, however qualified; being restrained from their Natural and Spontaneous Choice, which Nature and Instinct directs them to: To these add the Closeness of the Air, standing in an almost continu'd Posture; besides the fulsome Drenches, unseasonable Watrings, and other Practices of ignorant *Horse-Quacks* and surly Grooms: The Tyranny and cruel Usage of their Masters in tiring Journeys, hard, labouring and unmerciful Treatment, Heats, Colds, &c. which wear out and destroy so many of those useful and generous Creatures before the time: Such as have been better us'd, and some, whom their more gentle and good-natur'd Patrons have in recompence of their long and faithful service, dismiss'd, and sent to Pasture for the rest of their Lives (as the *Grand Seignior* does his *Meccha-Camel*) have been known to live *forty*,

* Hanc brevitatem Vitae (*speaking of Horses*) fortasse homini debet, *Verul. Hist. Vit. & Mort. See this thoroughly controverted*, Macrobian. Saturn. l. vii. c. v.

fifty,

fifty, nay (says **Aristotle*, no fewer than *sixty five* Years. When once Old *Par* came to change his simple, homely Diet, to that of the *Court* and *Arundel-House*, he quickly funk and dropt away: For, as we have shew'd, the Stomack easily concocts plain, and familiar Food; but finds it an hard and difficult Task, to vanquish and overcome Meats of †different Substances: Whence we so often see temperate and abstemious Persons, of a Collegiate Diet, very healthy; Husbandsmen and laborious People, more robust, and longer liv'd than others of an uncertain extravagant Diet.

‡——— *Nam variae res
Ut noceant Homini, credas, memor illius escae,
Quae simplex olim tibi sederit* ——

For different Meats do hurt;

Remember how

When to one Dish confin'd, thou

healthier wast than now:

was *Osellus's Memorandum* in the Poet.

Not that variety (which God has certainly ordain'd to delight and assist our Appetite) is unnecessary, nor any thing more grateful, re-

* *Arist. Hist. Animal. l. v. c. 14.*

† *ἀνόμοια σαρδιάζει.*

‡ *Hor. Sat. l. II. Sat. 2. Macr. Sat. l. VII.*

freshing and proper for those especially who lead sedentary and studious Lives; Men of deep Thought, and such as are otherwise disturb'd with Secular Cares and Busineses, which hinders the Function of the Stomach and other Organs: whilst those who have their Minds free, use much Exercise, and are more active, create themselves a natural Appetite, which needs little or no Variety to quicken and content it.

And here might we attest the *Patriarchal* World, nay, and many Persons since; who living very temperately came not much short of the *Post-Diluvians* themselves, counting from *Abraham* to this Day; and some exceeding them, who liv'd in pure Air, a constant, tho' coarse and simple Diet; wholesome and uncompounded Drink; that never tasted *Brandy* or *Exotic Spirits*; but us'd moderate Exercise, and observ'd good Hours: For such a one a curious Missionary tells us of in Persia; who had attain'd the Age of *four hundred Years*, (a full *Century* beyond the famous *Johannes de Temporibus*) and was living *Anno 1636*, and so may be still for ought we know. But, to our Sallet.

Certain it is, Almighty God ordaining **Herbs* and *Fruit* for the Food of Men, speaks not a

* Gen. ix.

Word concerning *Flesh* for two thousand Years. And when after, by the *Mosaic* Constitution, there were Distinctions and Prohibitions about the legal Uncleanneſs of *Animals*; *Plants*, of what kind ſoever, were left free and indifferent for every one to chooſe what beſt he lik'd. And what if it was held undecent and unbecoming the Excellency of Man's Nature, before Sin entred, and grew enormously wicked, that any Creature ſhould be put to Death and Pain for him who had ſuch infinite ſtore of the moſt delicious and nourishing Fruit to delight, and the Tree of Life to ſuſtain him? Doubtleſs there was no need of it. Infants ſought the Mother's Nipple as ſoon as born; and when grown, and able to feed themſelves, run naturally to Fruit, and ſtill will chooſe to eat it rather than Fleſh and certainly might ſo perſiſt to do, did not Cuſtom prevail, even againſt the very Dictates of Nature: Nor, queſtion I, but that what the Heathen **Poets* recount of the Happineſs of the *Golden Age*, ſprung from ſome Tradition they had received of the *Paradiſian* Fare, their innocent and healthful Lives in that delightful Garden. Let it ſuffice, that *Adam*, and his yet innocent Spouſe, fed on Vegetables and other

* Metam. i. Fab. iii. and xv.

Hortulan Productions before the fatal Lapſe; which, by the way, many Learned Men will hardly allow to have fallen out ſo ſoon as thoſe imagine who ſcarcely grant them a ſingle Day; nay, nor half a one, for their Continuance in the State of Original Perfection; whilſt the ſending him into the Garden; Inſtructions how he ſhould keep and cultivate it; Ediſt, and Prohibition concerning the *Sacramental* Trees; the Impoſition of *Names, ſo appoſite to the Nature of ſuch an Infinity of Living Creatures (requiring deep Inſpection) the Formation of *Eve*, a meet Companion to relieve his Solitude; the Solemnity of their Marriage; the Dialogues and Succeſs of the crafty Tempter, whom we cannot reaſonably think made but one Affault: And that they ſhould ſo quickly forget the Injunction of their Maker and Benefactor; break their Faith and Faſt, and all other their Obligations in ſo few Moments. I ſay, all theſe Particulars conſider'd; Can it be ſuppoſed they were ſo ſoon tranſacted as thoſe do fancy, who take their Meaſure from the Summary *Mofes* gives us, who did not write to gratifie Mens Curioſity, but to tranſmit what was neceſſary and ſufficient for us to know.

* Gen. xi. 19.

This then premis'd (as I see no Reason why it should not) and that during all this Space they liv'd on *Fruits* and *Sallets*; 'tis little probable, that after their Transgression, and that they had forfeited their Dominion over the Creature (and were sentenc'd and exil'd to a Life of Sweat and Labour on a curst and ungrateful Soil) the offended God should regale them with Pampering *Flesh*, or so much as suffer them to slay the more innocent Animal: Or, that if at any time they had Permission, it was for any thing save Skins to cloath them, or in way of Adoration, or *Holocaust* for Expiation, of which nothing of the *Flesh* was to be eaten. Nor did the Brutes themselves subsist by Prey (tho' pleas'd perhaps with Hunting, without destroying their Fellow Creatures) as may be presum'd from their long Seclusion of the most Carnivorous among them in the Ark.

Thus then for two thousand Years, the Universal Food was *Herbs* and *Plants*; which abundantly recompens'd the Want of *Flesh* and other luxurious Meats, which shortened their Lives so many hundred Years; the *μακροβιότης-a of the Patriarchs, which was an Emblem of Eternity as it were (after the new

* Gen. ix.

Conceſſion) beginning to dwindle to a little Span, a Nothing in Compariſon.

On the other ſide, examine we the preſent Uſages of ſeveral other Heathen Nations; particularly (beſides the *Ægyptian* Priests of old) the *Indian Bramins*, Relicts of the ancient *Gymnoſophiſts* to this Day, obſerving the Inſtitutions of their Founder. *Fleſh*, we know was baniſh'd the *Platonic* Tables, as well as from thoſe of *Pythagoras*; (See **Porphry* and their Diſciples) tho' on different Accounts. Among others of the Philoſophers, from *Xenocrates*, *Polemon*, &c. we hear of many. The like we find in †*Clement Alexand.* ‡*Eusebius* names more. *Zeno*, *Archinomus*, *Phraartes*, *Chiron*, and others, whom *Lærtius* reckons up. In ſhort, ſo very many, eſpecially of the Chriſtian Profeſſion, that ſome, even of the ancient §Fathers themſelves, have almoſt thought that the Permiſſion of eating Fleſh to *Noah* and his Sons, was granted them no otherwiſe than *Repudiation* of Wives was to the *Jews*, namely, for the *Hardneſs of their Hearts*, and to ſatiſfie a murmuring Generation that a little after loathed *Manna* it ſelf, and *Bread from Heaven*.

* *Porphyr.* de Abſtin. *Proclum*, *Jambleum*, &c.

† *Strom.* vii. ‡ *Praep.* Lv. paſſim.

§ *Tertul. de Tejun.* cap. iv. *Hieron. adverſ. Jovin.*

So difficult a thing it is to subdue an unruly Appetite; which notwithstanding **Seneca* thinks not so hard a Task; where speaking of the Philosopher *Sextius*, and *Socion's* (abhorring Cruelty and Intemperance) he celebrates the Advantages of the *Herby* and *Sallet* Diet, as *Physical*, and *Natural* Advancers of Health and other Blessings; whilst Abstinence from Flesh deprives Men of nothing but what *Lions*, *Vultures*, Beasts and birds of Prey, blood and gorge themselves withal, The whole *Epistle* deserves the Reading, for the excellent Advice he gives on this and other Subjects; and how from many troublesome and flavish Impertinencies, grown into Habit and Custom (old as he was) he had Emancipated and freed himself: Be this apply'd to our present excessive Drinkers of Foreign and *Exotic* Liquors. And now

I am sufficiently sensible how far, and to how little purpose I am gone on this *Topic*: The Ply is long since taken, and our raw *Sallet* deckt in its best Trim, is never like to invite Men who once have tasted *Flesh* to quit and abdicate a Custom which has now so long obtain'd. Nor truly do I think Conscience at all concern'd in the Matter, upon any Account of

* *Sen. Epist.* 108.

Distinction of *Pure* and *Impure*; tho' seriously consider'd (as *Sextius* held) *rationi magis congrua*, as it regards the cruel Butcheries of so many harmless Creatures; some of which we put to merciless and needless Torment, to accommodate them for exquisite and uncommon *Epicurism*. There lies else no positive Prohibition; Discrimination of Meats being *Condemn'd as the *Doctrine of Devils*: Nor do Meats commend us to God. One eats *quid vult* (of every thing:) another *Olera*, and of *Sallets* only: But this is not my Business, further than to shew how possible it is by so many Instances and Examples, to live on wholesome Vegetables, both long and happily: For so

† *The Golden Age, with this Provision blest,
Such a Grand Sallet made, and was a Feast.
The Demi-Gods with Bodies large and sound,
Commended then the Product of the Ground.
Fraud then, nor Force were known, nor filthy
Lust,*

* 1 Cor. viii. 8. 1. Tim. iv. 1. 3. 14. Rom. ii. 3.

† Has Epulas habuit teneri gens aurea mundis

Et cœnæ ingentis tunc caput ipsa fui.

Semide unque meo creverunt corpora fucco,

Materiam tanti sanguinis ille dedit.

Tunc neque fraus nota est, neque vis, neque fœda libido;

Hæc nimis proles fœva caloris erat.

Si sacrum illorum, fit detestabile nomen,

Qui primi fervæ regne dedere gulæ.

Which



*Which Over-heating and Intemp'rance nurst:
 Be their vile Names in Execration held,
 Who with foul Glutt'ny first the World defil'd:
 Parent of Vice, and all Diseases since,
 With ghastly Death sprung up alone from thence.
 Ah, from such reeking, bloody Tables fly,
 Which Death for our Destruction does supply.
 In Health, if Sallet-Herbs you can't endure;
 Sick, you'll desire them; or for Food, or Cure.*

As to the other part of the Controverſie, which concerns us, αἱματοφάγοι, and *Occidental Blood-Eaters*; ſome Grave and Learn'd Men of late ſeem to ſcruple the preſent Uſage, whilſt they ſee the Prohibition appearing, and to carry ſuch a Face of *Antiquity*, **Scripture*, †*Councils*, ‡*Canons*, §*Fathers*; *Imperial Conſtitutions*, and *Universal Practice*, unleſs it be

Hinc vitiis patefacta via eſt, morbiſq; ſecutiſ fas,
 Se lethi facies exeruere novæ.

Ah, fuge crudeles Animantum fanguine men
 Quasque tibi obſonat mors inimica dapes.
 Poſcas tandem æger, ſi ſanus negligis, herbas.
 Eſſe cibus nequeunt? at medicamen erunt.

Colci Plaut. lib. 1. Lactuca.

* Gen. ix.

† Ancyra xiv.

‡ Can. Apoſt. 50.

§ Clem. Paedag. Lib. 11. c. 1. Vide Prudent. Hymn. χα
 θημερινῶν: Nos Oloris Coma, nos filiqua facta legumine
 multitudo paraveris innocuis Epulis.

among

among us of these Tracts of *Europe*, whither, with other Barbarities, that of eating the *Blood* and *Animal* Life of Creatures first was brought; and by our Mixtures with the *Goths*, *Vandals*, and other Spawn of Pagan *Scythians*; grown a Custom, and since which I am persuaded more Blood has been shed between *Christians* than there ever was before the Water of the Flood covered this Corner of the World: Not that I impute it only to our eating *Blood*; but sometimes wonder how it hap'ned that so strict, so solemn and famous a *Sanction* not upon a *Cere-monial* Account; but (as some affirm) a *Moral* and *Perpetual* from *Noah*, to whom the Concession of eating *Flesh* was granted, and that of Blood forbidden (nor to this Day once revok'd) and whilst there also seems to lie fairer Proofs than for most other Controversies agitated among *Christians*, should be so generally forgotten, and give place to so many other impertinent Disputes and Cavels about other superstitious Fopperies, which frequently end in Blood and cutting of Throats.

As to the Reason of this Prohibition, its favouring of Cruelty excepted, (and that by *Galen*, and other experienc'd Physicians, the eating Blood is condemn'd as unwholsome, causing Indigestion and Obstructions) if a positive

tive Command of *Almighty God* were not enough, it seems sufficiently intimated; because *Blood* was the *Vehicle* of the *Life* and *Animal Soul* of the Creature: For what other mysterious Cause, as haply its being always dedicated to *Expiatory Sacrifices*, &c. it is not for us to enquire. 'Tis said, that *Justin Martyr* being asked, why the *Christians* of his time were permitted the eating *Flesh* and not the *Blood*? readily answer'd, That God might distinguish them from Beasts, which eat them both together. 'Tis likewise urg'd, that by the *Apostolical Synod* (when the rest of the *Jewish Ceremonies* and *Types* were abolish'd) this Prohibition was mention'd as a thing **necessary*, and rank'd with *Idolatry*, which was not to be local or temporary; but universally injoin'd to converted Strangers and *Profelytes*, as well as *Jews*: Nor could the Scandal of neglecting to observe it, concern them alone, after so many Ages as it was and still is in continual Use; and those who transgress'd, so severely punish'd, as by an *Imperial Law* to be scourg'd to *Blood* and Bone: Indeed, so terrible was the Interdiction, that *Idolatry* excepted (which was also Moral and perpetual) nothing in Scrip-

* xv. *Acts*, 20, 29.

ture seems to be more exprefs. In the mean time, to relieve all other Scruples, it does not, they fay, extend to that ἀκρίβεια of thofe few diluted Drops of *Extravaſated Blood*, which might happen to tinge the Juice and Gravy of the Fleſh (which were indeed *to ſtrain at a Gnat*) but to thoſe who devour the *Venal* and *Arterial Blood* ſeparately, and in Quantity, as a choice Ingredient of their luxurious Preparations and *Apician Tables*.

But this, and all the reſt will, I fear, ſeem but *Oleribus verba facere*, and (as the Proverb goes) be Labour-in-vain to think of preaching down *Hogs-Puddings*, and uſurp the Chair of *Rabby-Buſy*: And therefore what is advanc'd in Countenance of the *Antediluvian Diet*, we leave to be ventilated by the Learned, and ſuch as *Curcellæus*, who has borrow'd of all the Ancient Fathers, from *Tertullian*, *Hierom*, *S. Chryſoſtom*, &c. to the later Doctors and Divines, *Lyra*, *Toſtatus*, *Dionyſius Carthuſianus*, *Pererius*, amongſt the *Pontificians*; of *Peter Martyr*, *Zanchy*, *Aretius*, *Jac. Capellus*, *Hidiger*, *Cocceius*, *Bochartus*, &c. amongſt the *Proteſtants*; and *inſtar omnium*, by *Salmaſius*, *Grotius*, *Voffius*, *Blundel*: In a Word, by the Learn'd of both Perſuaſions, favourable enough to theſe Opinions, *Cajetan* and *Calvin* only excepted,